

GETTING THROUGH IT:

What Parents and Kids Need to Know about Divorce



A NOTE FOR DIVORCING PARENTS

As a parent, going through a divorce takes on a number of unique dimensions. You need to protect your children's best interests; but, in most cases, you must acknowledge that this means allowing your children to spend meaningful time with their other parent. You must also consider your children's emotional needs during and after your divorce; and, regardless of the final terms of your separation, you must be prepared to adjust to your new life while ensuring that your children's needs remain your top priority.



A NOTE FOR DIVORCING PARENTS

This short book is designed to serve as a resource and communication tool for parents and their children during the divorce process. As a parent, it can help you explain the implications of your divorce to your children, and your children can read this book to learn about divorce from their own point of view. After discussing what it means to get a divorce, what happens during the divorce process, and what to expect once a divorce is over, *Getting Through It: What Parents and Kids Need to Know about Divorce* culminates with a list of ten key facts, answers five common questions, and links to additional free resources that you and your children can use to understand more about your divorce.

COLORING BOOK

CAN YOU FIND THESE THINGS IN THE BIG PICTURE?



WHAT DOES IT MEAN TO GET A DIVORCE?

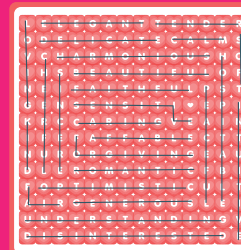
Your parents are getting divorced. What exactly does this mean? For most kids, it means a few different things. At a basic level, it means that your parents will no longer be married. When your parents tied the knot, they signed papers that made them an official married couple.

A divorce undoes this paperwork. When your parents' divorce is over, they will not be married anymore. But, they will still both be your parents. While they will live in separate homes and lead separate lives, they will both continue to love and support you just like they did while you lived as one family.

Find the words

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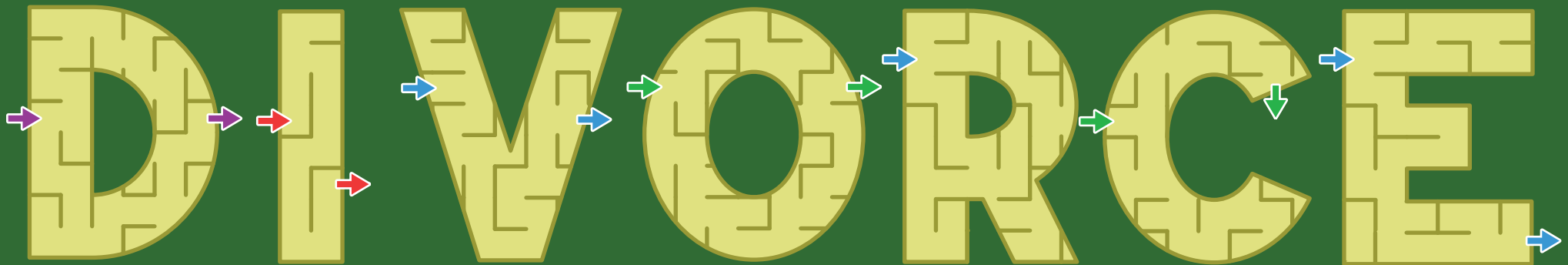
My MOM is...



The right answer

WHAT HAPPENS WHEN A DIVORCE IS OVER?

When your parents' divorce is over, some things will change, and other things will stay the same. Your parents won't wear their wedding rings anymore, and one or both of your parents will move into a new home. You will spend time with both of your parents on a regular schedule, although you may spend more time with one parent than the other. You will probably have one main home where you keep most of your clothes, toys, books, and games, but both of your parents will work hard to make sure you feel as comfortable as possible no matter where you are spending the night.



WHAT HAPPENS WHEN A DIVORCE IS OVER?

Going through a divorce isn't easy – for kids or their parents – but you will get through it! Your parents will be there for you, and you can expect things to begin to feel more normal over time.

