

Help your children cope better with divorce: advice from professional divorce attorneys.

The way divorce is perceived nowadays has come a very long way. It's almost unimaginable to think that hundreds of years ago women were not granted a divorce, despite physical or psychological abuses. Not so long ago, the wife entered the marriage to become the husband's property. He had the right to beat her, restrain her, and any property she owned became his.

While divorce can still be traumatic, at least it's possible. Despite this, one of the most difficult challenges, more difficult than reaching a financial agreement, is working things out on behalf of the children. It is therefore extremely important that divorce lawyers take this into consideration. More professional information about this topic and other divorce issues [can be read here](#).

Understanding children's psychology

Staying together just for the sake of the children has been recognised as bad practice.

Up to early adolescence, children find it difficult to understand that parents love each other despite having minor arguments. Any sentences spoken louder than usual are interpreted as a sign of Mom and Dad not being in love any more.

Consequently, it is easy to understand why **certain rules need to be taken into account** whenever parents who decide to divorce talk to their children:

Rule no. 1: Never speak badly about Mom or Dad, no matter how mad you might be at him/her. Children cannot understand the complexity of your relationship, but they will understand the tone in your voice and they might blame you for this later on, even if you are not the guilty one.

Rule no. 2: Never use your children as your allies. Moms may be tempted to talk to their girls and win their support in the battle against daddy. Dads, of course, might do the same with boys. Children must not be involved in any way in these disputes. It's not easy to see your girl hugging the person you are angry with, but it's not your child's fault.

Rule no. 3: Never look at your children as if they are your enemies. It's not their fault if they have started to take after your partner or his/her side of the family.

Remember that if children cannot understand your side of the story now, they will understand it later. And they are more likely to understand both sides of the story, without being judgmental.

And while advice coming from your friends and family may be subjective, it is much more sensible to resort to specialized services like those offered by matrimonial coaches or family law firms that can offer objective support and useful legal advice. You may also want to gather all this information before actually announcing to your children that Mom and Dad no longer get along with each other and will have to divorce.

Rule no. 4: Tell your children not just once or twice that it's not their fault. Tell them 100 times if needed.

And remember, asking for professional, objective advice is the best way of ensuring that your children will not be adversely affected by your divorce.