

What Children Need from their Parents during a Divorce

- I need my parents to tell me the divorce is not my fault.
- I need my parents to never make me choose sides.
- I need my parents to let me have a healthy relationship with both my Mom and my Dad.
- I need my parents not to make me the messenger between them.
- I need my parents not to make me the spy between them.
- I need to feel loved by both parents.
- I need my parents to be parents not another friend.
- I need my parents to put their differences aside and parent me.
- I need my parents not to belittle and attack each other.
- I need to be a child and not have to worry about adult issues.
- I need my parents to not share inappropriate details with me.

- I need my parents to LISTEN to my questions and concerns, and to answer them in a way I can understand.
- I need my parents to not talk about child support in front of me.
- I need my parents to not put me in a place where I am responsible for them.
- I need my parents to help me feel safe.
- I need my parents to reassure me.
- I need my daily routines to stay in place- they make me feel safe.
- I need my parents to not make me their confidant.
- I am a child, I need my parents to comfort me, I should not have to comfort them.

Parents- If you get STUCK- get HELP!

For more information call Marj Adler @ Madison Youth & Family Services # 203-245-5676 or E-mail her @ adlerm@madisonct.org.