

## **Divorce and Children**

**As we all know, divorce can take its toll on the family's unity.** Unfortunately, 89% of parents overlook their children's need for emotional and physical stability. This often occurs because parents are so pre-occupied with lawyers, financial issues, and dilemma's of their own that they don't realize the immediate effect and in some cases lifelong effect it has on their children if it goes untreated.

### **Some reactions to divorce may include:**

- Minimal interaction or no interaction at all with the parents due to the separation and/ or divorce.
- Intense emotional reactions, such as crying, temper out-bursts and pleading with the parents.
- Children feeling guilt with unreasonable belief to have caused or could have prevented parents' divorce.
- Decline in school performance and increase in frequency of acting out, oppositional and aggressive behaviors.
- Appearance of regressive behaviors, such as bed-wetting, and thumb sucking.
- Loss of contact with positive support group(s) due to a geographical move as a result of separation and/or divorce.

### **Benefit children by:**

- Allowing Children to accept the parents' separation and/or divorce with understanding and having power over feelings and behavior.

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- Negating fear of abandonment and create loving, safe and secure relationship with parents.
- Eliminate feelings of guilt and self-blame for parents' divorce.
- Facilitating the bond between the Child and Parents, so the Parents start and maintain regular visitation arrangement that meets the children's emotional needs.
- Encouraging parents to have mutual respect for one-another, especially in front of the children.
- Setting up and continuing proper parent-child boundaries in discipline and assignment of responsibilities.
- Creating a compassionate and supportive social network outside of the immediate family to balance the loss of support from within family.