

Successful Psychology

Considering Children In The Divorce Process

(NAPSA)—Divorce is more than just the dissolution of a marriage. It can also mean the breakup of a family, especially when children are involved. The question is, how do you let children in on what's happening between Mom and Dad without pulling them into the cross-fire, potentially leaving them with battle scars?

Numerous research studies have found that children vary considerably in terms of how well they adjust to their parents' divorce. There has been clear evidence that how parents promote the adjustment of their children during and after the divorce is more important than any other factor.

Psychologists Nicholas Long and Rex Forehand have combined their own clinical experience with the latest research findings on the topic to write *Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust* (Contemporary Books, \$14.95).

The authors have translated the latest scientific literature about children and divorce into 50 upbeat, practical and simply stated advice capsules on how to best help children cope with divorce. They emphasize that divorce does not have to have horrible, irreversible effects on children.

"Most children are going to experience some pain when their parents divorce," explain Long and Forehand. "However, there are many things parents can do to decrease the likelihood of short-



In any divorce, clear communication is an important part of helping children adapt.

and long-term adjustment difficulties of their children."

Strategies and action steps in the book range from advice on how to tell children you are planning to divorce to handling holidays and other special occasions. Other topics include:

- How to answer children's most frequently asked questions about divorce;
- Refraining from using the child as a messenger;
- Maintaining family traditions and rituals;
- Avoiding overcompensating for divorce;
- Monitoring school performance; and
- Knowing when to seek professional help.

Making Divorce Easier on Your Child is available in bookstores or online at www.amazon.com.