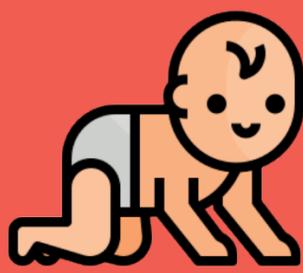


The Effect of Divorce On Children

An Age-by-Age Guide

Whether your child is a tiny baby or a teen on the brink of adulthood, divorce will have an impact on their life.

Babies and Toddlers



Babies and Toddlers are very sensitive to familial tension and changes, even if they can't express it. They can suffer from separation anxiety or emotional outbursts.

Parents need to give them plenty of physical affection and attention. Demonstrations of love will make them feel reassured and secure even as they adjust to the new family dynamic.



Three-to Six-Year-Olds

Your child is old enough to comprehend the change in the family structure but may have trouble verbally articulating their feelings about it.

It's not unusual for kids from this age group to start acting out, suffer from nightmares, or

It's a good idea to read age-appropriate books about divorce and help them to discuss their feelings in a healthy manner.



Six-to-Twelve-Year-Olds



Kids are likely to understand the concept of divorce but uncertain about what it'll mean for them.

They might worry that the non-custodial parent doesn't love or want to see them as much as before.

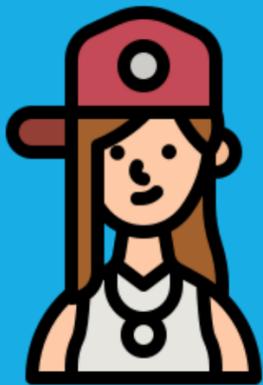
These worries might manifest in negative ways such a poor school performance, fighting with peers, or increased physical ailments, such as stomachaches or headaches.

Talking to your children about their feelings is especially important at this age.

Both parents should work hard to make sure the child feels loved, listened to, and reassured that the divorce was not their fault.



Teens



It is very tough on teens, who are already going through a period of uncertainty and self-discovery.

It's common for teens whose parents are divorcing to react in a range of ways, including suffering from sleeping difficulties, performing poorly in school, or even sometimes, engaging in self-destructive behaviour.

Speak openly, honestly, and often with your teen about their feelings about the divorce and try to ensure that they're engaged in healthy activities they enjoy.

If they are engaged in self-destructive behaviour or showing signs of depression, don't hesitate to find a professional counsellor to help them.

