

Divorce Is Not Easy

Divorce is considered by some to be the most stressful life event you will ever encounter....and you're an adult...it can have lasting and damaging effects on your children.

Family separation involving minor children is extremely difficult for both parents and, particularly for minor children, for years to come. Before making this choice a permanent reality, please realize that such a decision is not simply a solution to adult interpersonal problems within a relationship, but may create other new problems outside the relationship, all with significant continuing impact on the children. Before a separation decision is made final, be sure you have good insight into the new challenges you will have to face and feel confident of the resources that you possess to cope with these challenges, emotionally, psychologically, socially and financially.

If there is any doubt, we strongly suggest that you fully investigate and invest your present resources to find remedies to the difficulties within your relationship. In more cases than one might think, that is not only the more affordable remedy in all senses, but provides the family with much better results. There are often no opportunities to do this later. Going forward without such an effort could lead, not only to later feelings of personal regret or guilt, but to the most extreme failure observed by this Office. That type of failure occurs whenever the interpersonal difficulties continue to remain unresolved by the act of separation and are then compounded with the new difficulties created by the separation. As one might imagine under such circumstances, continuing and expected joint co-parenting responsibilities become at risk, substandard or impossible in developing your children into the adults we all hope them to become.

If all best efforts made do not succeed in preventing permanent separation, please avoid compounding of problems by realizing that you must continue to deal with your co parent for the life of your child and treat your co-parent with the respect that existed when you made the decision that entitled that person to become the Parent of your child. Disrespect not only reflects on your own choices, but on your child, who will always have only one mother and one father.

Long term research on separated families shows that children who have and maintain frequent and quality contact with both parents are far healthier in all respects. Each parent needs to cooperate to allow their child to flow between both parents' households without guilt or fear.

Do all that you can to establish and maintain this flow for your child, because everyone ultimately benefits by the degree of success achieved in this effort.