



HEALING BROKEN HEARTS

PRACTICAL WAYS TO HELP CHILDREN
THROUGH DIVORCE.

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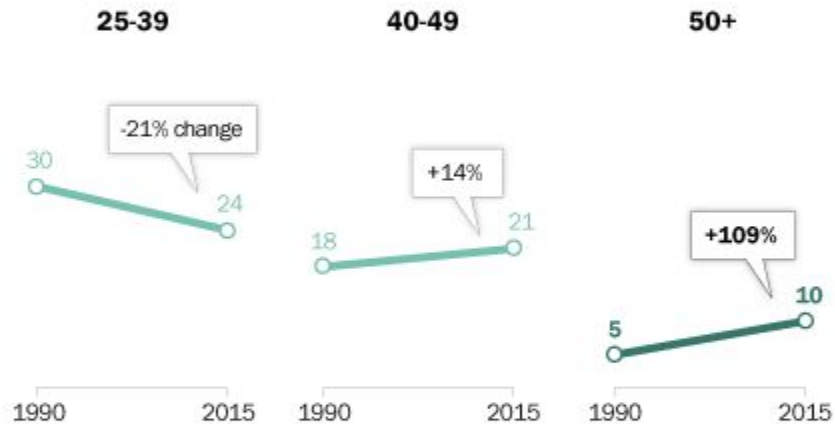
MY EXPERIENCE WITH DIVORCE



STATISTICS ABOUT DIVORCE.

Divorce rate for adults ages 50 and older has roughly doubled in the past 25 years

Number of persons who divorced per 1,000 married persons in given age group



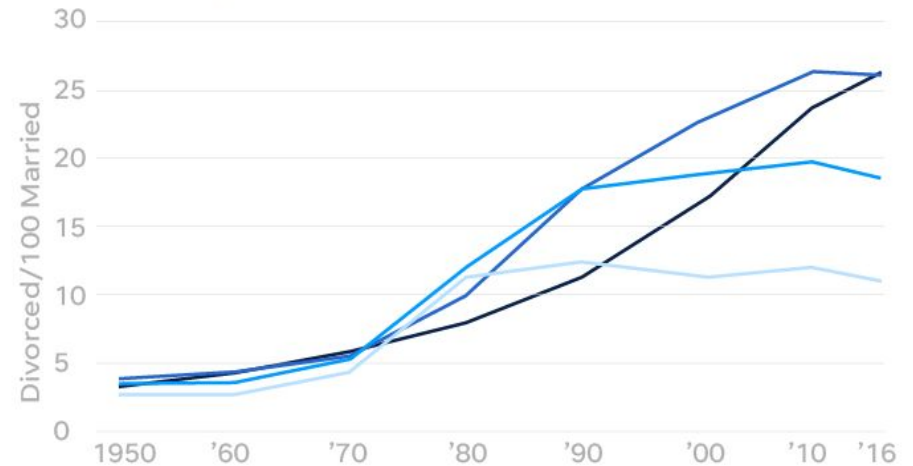
Note: Divorce rate is the number of persons who divorced per 1,000 married persons in the year prior to the survey among adults in that age group. Percent change calculated before rounding.

Source: Pew Research Center analysis of the 2015 American Community Survey (IPUMS) and 1990 Vital Statistics following the methodology in Brown and Lin's "The Gray Divorce Revolution: Rising Divorce Among Middle-Aged and Older Adults, 1990-2010."

PEW RESEARCH CENTER

Divorce prevalence for by age, 1950-2016

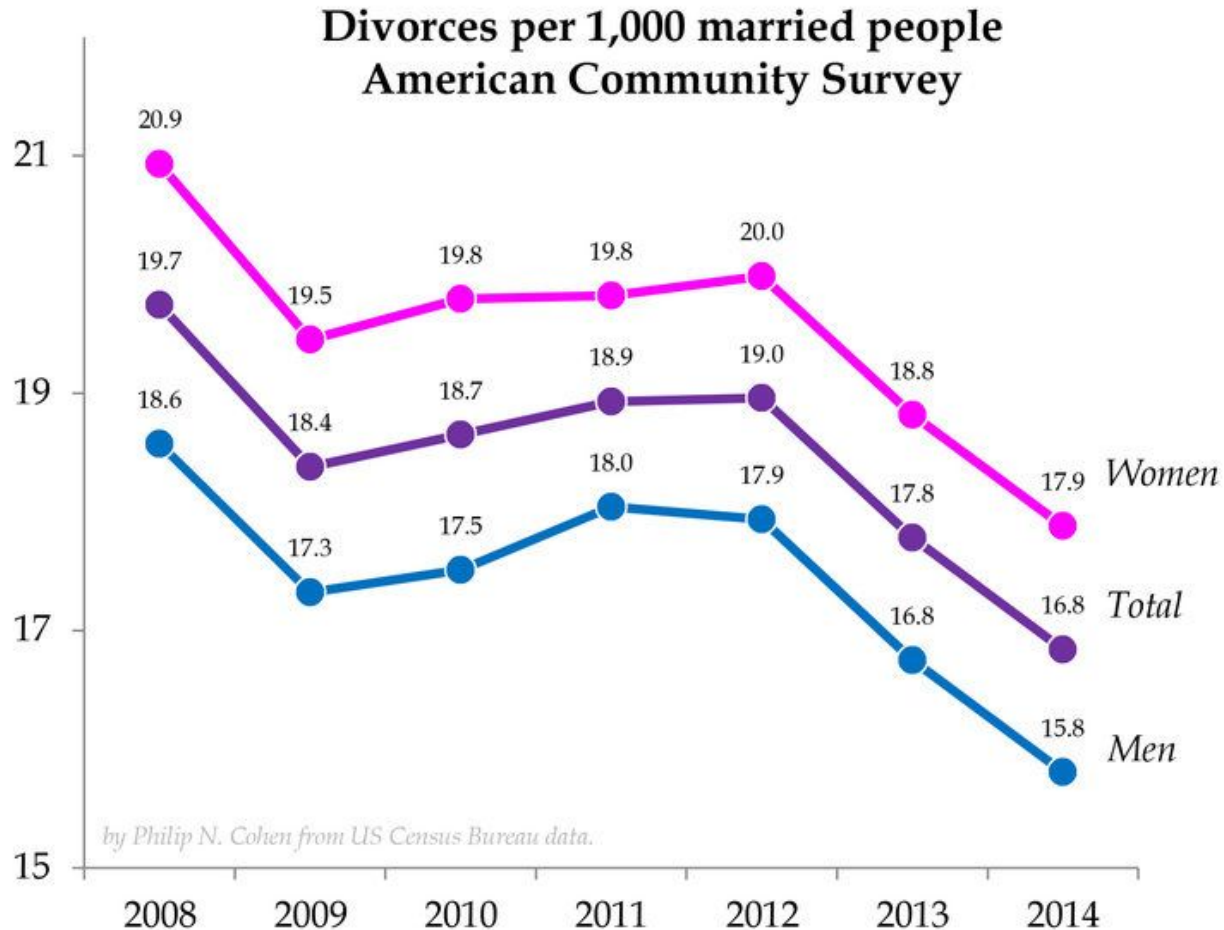
● 18-34 ● 35-44 ● 45-54 ● 55+



SOURCE 'The Coming Divorce Decline,' Philip N. Cohen
University of Maryland, College Park



STATISTICS ABOUT DIVORCE.



COMMON EFFECTS OF DIVORCE ON CHILDREN AND ADOLESCENTS

- ❑ Higher rate of behavior issues at school & home.
- ❑ Often struggle to resolve conflict with others and personal conflicts.
- ❑ Higher rate of engaging in sexual activity at a young age.
- ❑ Higher involvement in crime.
- ❑ Higher rates of substance abuse issues.
- ❑ Higher rate of suicidal ideation.
- ❑ Once they become adults higher rates of divorce.



COMMON EFFECTS OF DIVORCE ON PARENTS WITH CHILDREN

- ❑ Statistically divorced fathers struggle to have close relationships with their children.
- ❑ Primary parents often receive most, if not all, of the behavior issues due to them being perceived as being the safe parent.
- ❑ Financial hardship for both parents is typical. Often child support is unpaid or not initiated by parents which puts financial strain on the primary caregiver.



WHAT CHILDREN NEEDS THROUGH DIVORCE.



COMMON NEEDS FOR CHILDREN UNDER 6 YEARS OLD

- Understanding its not their fault.
 - They did nothing bad to cause the divorce.
- Control
- Connection to both parents
- Structure
- Freedom to express their emotions



HOW TO HELP CHILDREN PROCESS THE DIVORCE.

- Children under 6 years old.
 - Play with your children especially when they play family type play themes.
 - Use feeling words during play.
 - Use stories.
 - Be honest about the divorce at their level of understanding.
 - Seek out Play Therapy.



COMMON NEEDS FOR CHILDREN BETWEEN 7 AND 12 YEARS OLD.

- Understanding the divorce does not limit their worth.
- Feel like they are not in the middle of have to pick sides.
- Understanding of what happened.
- License to be honest about the situation and their feelings.
- A connection with both parents.
- Structure.



HOW TO HELP CHILDREN PROCESS THEIR DIVORCE SITUATION.

- Children between 7-12 years old
 - Talk with them about their feelings.
 - Set aside time for the child or children to ask questions with both parents.
 - Stories / books about divorce
 - Developing ways for them to express their emotions.
 - Art, Play, Sports, Journaling.
 - Good co-parenting.
 - Open communication and accountability for your children.
 - Seek out Therapy.



COMMON NEEDS FOR TEENS.

- Teens often deal with divorce better when it happens as a teen but struggle often when they have a unprocessed divorce from their childhood.
- To express themselves.
- Support from parents, peers, and mentors.
- Being emotionally available but not to pushy.
- Actively engaged in peer groups that are healthy for them.



HOW TO HELP TEENS PROCESS THEIR DIVORCE SITUATION.

- Children Between 13-18.
 - Get them a mentor or engaged with healthy peers.
 - Talk with them and don't be afraid to.
 - Listen to their music.
 - Let them express themselves.
 - Get them counseling to help process their emotions often teens don't feel comfortable sharing their feelings with their parents because they do not want to be a burden on them.



SURVIVAL AS THE PARENT

- Parents take care of your own emotional well being.
 - If your not taking care of yourself than your emotional capacity to parent is limited.
- Primary parents you are the safest person so most often so you will often experience the emotional & behavioral issues.
- Parents just because your child does not seem upset does not mean they are not so check in with them.



SURVIVAL AS THE PARENT.

- Its ok for you to enjoy your time when your children are visiting the other parent.
- Do your best your going to make a mistake just like every other parent.
- Seek out WISE counsel from other parents who have been through divorce.
- It's ok to get yourself and your children counseling.



SURVIVAL AS THE TEACHER

- Keep professional boundaries.
- Develop an understanding each kids situation and what is going on at home.
- Provided encouragement for children to make good decisions and to manage their own behavior.
- Be a good listener, let children talk, and provide reassurance.
- Arranging one-on-one time with a school counselor if they are available.
- If a child is disrupted help them regulate themselves. Do your best avoid causing any further emotional disruption.



SURVIVAL AS THE TEACHER

- Communicate with parents about how their child is doing emotionally, socially and academically at school.
- Being consistent with school routines, rules and expectations.
- Making sure the child is included in supportive friendship groups, both in the classroom and playground.
- Arranging tutoring for the child with the teacher, other parents, peers, and teacher aides.



SPIRITUAL CARE TAKERS

PASTORS, MINISTERS, AND PARISHIONERS.

- First set healthy boundaries for yourself.
- Support them by praying for them.
- Support children and parents by encouraging them.
 - Praise them for when they do things well or right or even if they are dressed well.
- Help them connect with other children in the church.
- Ultimately show them the love of God.



TIME FOR QUESTIONS

