

# Divorce Psychoeducation for Parents

Research-based guidance for supporting children through separation and divorce — and honest reflection on your co-parenting.

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Clinician: \_\_\_\_\_

*For parents navigating separation or divorce: How parents handle divorce has a significant impact on children's adjustment and long-term wellbeing. This psychoeducation guide reviews research-based principles and helps you reflect on how to support your children through this transition.*

## What research tells us

Children's adjustment to divorce is most strongly predicted by the quality of the co-parenting relationship — not the divorce itself. Children who witness ongoing conflict between parents fare significantly worse than those whose parents maintain respectful co-parenting. Children need permission to love both parents.

## What children need most

- Reassurance that they are loved by both parents and that the divorce is not their fault.
- Stability and predictability in routines, even across two homes.
- Age-appropriate, honest information — not adult-level detail.
- Permission to have a full relationship with both parents without feeling guilty.
- A safe adult they can talk to about their feelings.

## What to avoid

- Speaking negatively about the other parent in front of children.
- Using children as messengers between parents.
- Asking children to take sides or report on the other parent's home.
- Sharing adult details about the reason for divorce with children.
- Making children feel responsible for a parent's emotional wellbeing.

## REFLECTION & INTEGRATION

How I am currently doing on the co-parenting principles above (honest reflection):

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One thing I can do better to protect my children through this transition:

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**What my children most need from me right now:**

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**Support I need for myself during this process:**

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