

# relationship after divorce with kids

Relationship After Divorce with Kids: Navigating New Beginnings Together

**relationship after divorce with kids** can be one of life's most complex and emotionally charged journeys. When a marriage ends, it's not just two adults who are affected; children often find themselves in the middle of shifting family dynamics, new routines, and evolving relationships. Navigating this new chapter requires patience, understanding, and a thoughtful approach to maintain healthy bonds and provide stability for the kids.

Whether you're freshly divorced or have been co-parenting for a while, understanding how to foster positive relationships post-divorce is vital—for both your children's well-being and your own peace of mind.

## Understanding the Emotional Landscape After Divorce

Divorce is a life-altering event, and it's important to recognize the emotional impact it has on everyone involved. For children, especially, the end of their parents' marriage can trigger feelings of confusion, sadness, guilt, and even anger. Adults, meanwhile, are navigating their own emotional upheaval while trying to support their kids.

## The Importance of Emotional Stability for Children

Children thrive on routine and a sense of security. Divorce can disrupt both, leading to anxiety or behavioral changes. Parents who prioritize emotional stability and open communication help ease this transition. It's critical to acknowledge your child's feelings without judgment and encourage them to express their thoughts openly.

## Healing for Parents and Children Alike

Healing is a shared journey. Parents must invest in their own emotional health—whether through therapy, support groups, or self-care—so they can be emotionally available for their children. Modeling healthy coping strategies teaches kids resilience and emotional intelligence.

## Building a Positive Relationship After Divorce with Kids

Maintaining a strong, loving relationship with your children post-divorce is achievable, but it

often looks different than before. It requires intentional effort, flexibility, and sometimes redefining what family means.

## Effective Co-Parenting Strategies

One of the biggest challenges in relationship after divorce with kids is co-parenting. Successful co-parenting doesn't mean being best friends with your ex; rather, it's about collaborating respectfully and putting your children's needs first. Consider these strategies:

- **Clear Communication:** Use tools like shared calendars or apps to keep track of schedules, appointments, and school events.
- **Consistent Rules and Expectations:** Align on discipline, bedtime, and screen time rules to provide consistency for your children.
- **Respect Boundaries:** Avoid speaking negatively about your ex in front of the kids and respect each other's parenting styles.
- **Flexibility:** Life happens—be willing to accommodate changes when possible to reduce stress for everyone.

## Creating New Family Traditions

Divorce changes family routines, but it doesn't have to mean the end of meaningful traditions. Creating new rituals can provide comfort and a sense of continuity. Whether it's a weekly movie night, holiday celebrations with both parents, or special one-on-one outings, these moments strengthen bonds and create positive memories.

## Helping Children Adjust to Life After Divorce

Children's adjustment varies by age, personality, and circumstances, but there are universal ways to support them during this transition.

## Open and Honest Conversations

Kids often have many questions and worries about the future. Keeping communication open helps dispel fears and fosters trust. Use age-appropriate language, reassure them that both parents love them, and emphasize that the divorce is not their fault.

## **Encouraging Healthy Expression of Emotions**

Children may not always articulate their feelings verbally. Encourage them to express emotions through drawing, play, or journaling. Acknowledging their feelings validates their experience and helps prevent bottled-up emotions from manifesting as behavioral issues.

## **Providing Stability and Routine**

Where possible, maintain familiar routines such as school activities, bedtime rituals, and family meals. Stability provides comfort when other parts of their world feel uncertain.

## **Challenges in Relationship After Divorce with Kids and How to Overcome Them**

It's unrealistic to expect the post-divorce journey to be smooth all the time. Anticipating and addressing common challenges can prevent long-term issues.

## **Managing Conflicting Parenting Styles**

Parents may have differing opinions on discipline or lifestyle, which can confuse children. Finding middle ground or agreeing on core values helps create consistency. Consider mediation or counseling if disagreements become frequent.

## **Dealing with New Partners**

Introducing new romantic partners can be tricky for kids and parents alike. Taking things slow, being transparent, and respecting children's feelings before formal introductions can ease this transition.

## **Handling Children's Loyalty Conflicts**

Children may feel torn between parents, fearing that showing affection to one means betraying the other. Reassuring them that it's okay to love both parents and encouraging open dialogue reduces this pressure.

## **Self-Care and Personal Growth for Divorced**

# Parents

Maintaining your own well-being is essential for fostering healthy relationships with your children and ex-partner.

## Prioritizing Mental Health

Divorce often brings stress, loneliness, or guilt. Seeking therapy or joining support groups can provide tools and community support.

## Building a Support Network

Friends, family, and other single parents can offer practical help and emotional encouragement. Don't hesitate to ask for assistance when needed.

## Focusing on Personal Growth

Use this new chapter as an opportunity to rediscover yourself, pursue hobbies, or set new goals. Personal fulfillment positively impacts your parenting and relationships.

## Looking Ahead: Embracing a New Definition of Family

A relationship after divorce with kids isn't about recreating what was lost but building something new. Families evolve, and with openness and love, new dynamics can be just as enriching. Children learn resilience and adaptability, gaining valuable life skills from witnessing healthy navigation through change.

Remember, while challenges exist, the commitment to your children's happiness and your own emotional health paves the way for fulfilling relationships beyond divorce. It's a journey of growth, understanding, and above all, unconditional love.

## Frequently Asked Questions

### How can divorced parents maintain a healthy relationship for the sake of their kids?

Divorced parents can maintain a healthy relationship by communicating respectfully, prioritizing their children's needs, setting clear boundaries, and cooperating on parenting

decisions.

## **What are effective ways to co-parent after divorce?**

Effective co-parenting involves consistent communication, creating a parenting plan, being flexible, supporting each other's roles, and keeping conflicts away from the children.

## **How can parents help their children cope with divorce?**

Parents can help children cope by providing reassurance, maintaining routines, encouraging open communication, seeking professional support if needed, and showing unified support despite the separation.

## **Is it beneficial for divorced parents to attend counseling together?**

Yes, joint counseling can help divorced parents improve communication, resolve conflicts, and develop effective co-parenting strategies for their children's well-being.

## **How can divorced parents manage introducing new partners to their children?**

Parents should introduce new partners gradually, communicate openly with their children, respect their feelings, and ensure the new relationship is stable before introductions.

## **What role does consistent discipline play in co-parenting after divorce?**

Consistent discipline provides children with stability and clear expectations, reducing confusion and behavioral issues across both households.

## **How can divorced parents handle disagreements about parenting styles?**

They should discuss differences calmly, seek compromises, prioritize the child's best interests, and consider mediation or counseling if needed.

## **What impact does parental conflict have on children after divorce?**

Parental conflict can cause emotional stress, anxiety, and behavioral problems in children, making it important to minimize conflicts in their presence.

## **How important is maintaining routines for children after**

## **a divorce?**

Maintaining routines provides children with a sense of security and normalcy, helping them adjust better to the changes following divorce.

## **Can a positive relationship between divorced parents improve children's emotional health?**

Yes, a positive relationship fosters a supportive environment, reduces stress, and promotes emotional stability and healthy development for children.

## **Additional Resources**

Relationship After Divorce with Kids: Navigating Complex Dynamics for Family Well-being

**relationship after divorce with kids** presents a multifaceted challenge that touches on emotional resilience, co-parenting strategies, and the evolving nature of family bonds. In the wake of marital dissolution, parents must grapple not only with their own healing but also with fostering a stable environment for their children. This critical juncture demands careful navigation to maintain healthy relationships and promote the psychological well-being of all parties involved.

Understanding the landscape of relationships after divorce with kids requires a nuanced examination of interpersonal dynamics, legal considerations, and developmental impacts on children. The process extends beyond the initial separation to long-term adjustments in communication, parenting roles, and emotional support systems.

## **Complexities of Post-Divorce Family Relationships**

Divorce inherently reshapes family structures, but when children are involved, the stakes are considerably higher. The parental relationship often transforms from a marital partnership into a co-parenting alliance, which can be cooperative or contentious depending on various factors. According to data from the American Psychological Association, approximately 40-50% of marriages in the United States end in divorce, with many involving children under 18. This prevalence underscores the importance of understanding post-divorce relational dynamics.

## **Emotional Impacts on Parents and Children**

The dissolution of marriage affects both parents and children emotionally, though manifestations differ. Parents may experience feelings of loss, guilt, or relief, influencing how they interact with their ex-spouse and children. Children, depending on their age and temperament, often encounter confusion, anxiety, and divided loyalties.

Research highlights that children's adjustment to divorce is closely linked to the quality of the parental relationship following separation. High-conflict post-divorce relationships correlate with increased behavioral problems and emotional distress in children. Conversely, amicable co-parenting arrangements can mitigate negative outcomes, fostering resilience and healthy development.

## Co-Parenting Dynamics and Strategies

Co-parenting is arguably the cornerstone of maintaining a stable environment after divorce when children are involved. Effective co-parenting involves clear communication, mutual respect, and consistent parenting practices. It requires parents to navigate logistical challenges such as custody arrangements, scheduling, and financial responsibilities.

There are several recognized co-parenting models:

- **Parallel Parenting:** Minimal interaction between ex-spouses; parents operate independently but coordinate on child-related decisions.
- **Cooperative Parenting:** Collaborative decision-making and regular communication aimed at shared parenting goals.
- **Bird's Nest Parenting:** Children remain in one home while parents rotate living arrangements, reducing disruption for kids.

Each model presents pros and cons, and suitability depends on the level of conflict and communication skills between ex-partners.

## Legal and Practical Considerations in Relationship After Divorce with Kids

The legal framework surrounding custody and visitation rights significantly shapes post-divorce relationships. Courts emphasize the "best interests of the child" standard, often encouraging joint custody when feasible. However, legal battles can exacerbate tension between parents, complicating co-parenting efforts.

## Custody Arrangements and Their Effects

Custody arrangements can be physical (where the child lives) and legal (decision-making authority). Studies suggest that joint legal custody is associated with better child outcomes when parents cooperate effectively. However, high-conflict situations may necessitate sole custody to protect the child's well-being.

The logistics of custody exchanges often require parents to manage schedules meticulously, which can be a stress point if communication is poor. Employing parenting coordinators or mediation services can facilitate smoother interactions.

## **Financial Responsibilities and Support**

Financial arrangements post-divorce also impact the relational dynamics. Child support payments are intended to provide for the child's needs, but disputes over adequacy or enforcement can strain relationships. Transparency and fairness in financial matters can reduce conflict and foster trust.

## **Psychological and Social Dimensions of Parenting After Divorce**

Beyond legal and logistical factors, the psychological well-being of parents and children plays a pivotal role in shaping relationships after divorce.

## **Building Emotional Resilience**

Parents who prioritize their own emotional health and model positive coping strategies create a more stable environment for their children. Engaging in therapy, support groups, or counseling can aid in processing grief and adjusting to new family dynamics.

Children benefit from open communication tailored to their developmental stage, reassurance of parental love, and consistency in routines. Avoiding placing children in the middle of conflicts is crucial to prevent emotional distress.

## **Maintaining Parental Roles and Identity**

Divorce can blur parental roles, especially when one parent becomes less physically present. Maintaining active involvement in children's lives—through attending school events, extracurricular activities, and daily routines—reinforces parental bonds.

Technology also offers tools to bridge distances, with video calls and messaging facilitating ongoing communication. However, digital interactions should complement, not replace, in-person engagement.

## **Challenges and Opportunities in New**

# Relationships

Post-divorce, parents may pursue new romantic relationships, which introduce additional complexities when children are involved.

## Integrating New Partners into Family Life

Introducing a new partner requires sensitivity to children's feelings and gradual adjustments. Successful blending of families depends on clear boundaries, respect for existing relationships, and patience.

New relationships can provide emotional support to the parent and enrich the child's life, but mismanagement may lead to confusion or loyalty conflicts.

## Co-Parenting with New Partners in the Picture

When new partners enter the family dynamic, co-parenting may expand to include additional adults. Establishing roles and maintaining open communication among all adults involved is essential to prevent misunderstandings and ensure the child's best interests remain central.

## Summary of Best Practices for Relationship After Divorce with Kids

Navigating relationships after divorce with kids demands a multifaceted approach, balancing emotional, legal, and practical considerations. Key best practices include:

1. **Prioritize the Child's Well-being:** Center decisions on what benefits the child's emotional and physical health.
2. **Maintain Open Communication:** Foster respectful dialogue between co-parents and with children.
3. **Develop Consistent Parenting Strategies:** Align rules, routines, and expectations across households.
4. **Seek Professional Support:** Utilize mediation, counseling, or parenting coordination when necessary.
5. **Respect Boundaries:** Acknowledge and navigate personal and relational limits with sensitivity.

6. **Adapt Flexibly:** Remain open to adjusting arrangements as children grow and circumstances change.

These approaches collectively contribute to healthier relationships post-divorce, fostering an environment where children can thrive despite family transitions.

In essence, the journey of relationship after divorce with kids is complex but navigable. Through intentional efforts in communication, co-parenting, and emotional support, families can redefine their bonds and create stable, nurturing environments that support the growth and happiness of all members.

## **Relationship After Divorce With Kids**

**relationship after divorce with kids:** Befriending Your Ex after Divorce Judith Ruskay Rabinor, 2013-01-02 Befriending Your Ex After Divorce presents communication strategies, anger management tips, and other advice for building and maintaining friendship and a positive coparenting relationship with an ex after divorce.

**relationship after divorce with kids:** What About the Kids? Sandra Blakeslee, 2003-03-12 The groundbreaking handbook that helps parents guide their children through divorce and co-parenting -- including the introduction of step-parents -- from a New York Times bestselling author and child psychologist. This is the definitive work from the renowned child psychologist Judith Wallerstein on a subject that concerns millions of American moms and dads: How can you protect your children during and after divorce? Divorce is not a single event but a lifelong trajectory of changed circumstances that demand a different kind of parenting than we have ever known. In What About the Kids? Wallerstein draws on thirty years of in-depth interviews with children of divorce and their parents to show how to create a new family with compassion and wisdom. It covers issues that arise at the time of divorce as well as suggestions for talking to your children months and years after the event. Eminent psychologist Judith S. Wallerstein shares her unique insight and advice in What About the Kids? -- the first comprehensive guide to easing the impact of divorce on your children -- including: The best and worst ages for children to experience their parents' divorce Right and wrong ways to explain divorce to your children Choosing a custody arrangement that's best for your child How to involve the grandparents -- a major resource? Getting the children on your side when you form new relationships The positive effects of divorce on children (believe it or not) How divorce can actually make you a better parent Raising children who grow up able to form lasting relationships

**relationship after divorce with kids: Kid Power, Inequalities and Intergenerational Relations** Clara Rübner Jørgensen, Michael Wyness, 2021-07-06 Contemporary understandings of inter-generational relations assume that the balance of power has shifted from adults towards children in recent years. The rise of children's rights, the trend towards more child-centred pedagogies and practices within schools and the incorporation of children within a global free market as consumers have all been interpreted as the loss of adult power and the consequent growth of kid power. This book critically examines these ideas and reframes the zero-sum conceptions of power implicit within such assumptions. It draws on Lukes' three dimensions of power and Foucault's theory of power and knowledge in advancing the view that kid power is inter-generational, multi-dimensional and distributed variably across the child population. The book illustrates this theory through children's political activism, their digital power and the varied roles they play within their families and communities. The book also offers a brief re-examination of kid

power within the current context of Covid-19.

**relationship after divorce with kids: Kids and Their Parents** Pasquale De Marco, 2025-08-16  
\*\*Kids and Their Parents\*\* is the ultimate guide to parenting in the 21st century. This comprehensive book covers everything from the joys of raising a child to the challenges of dealing with difficult behavior. \*\*Pasquale De Marco\*\* draws on years of experience as a parent and educator to offer practical advice and support on a wide range of parenting topics, including: \* Communication: How to talk to your children about difficult topics, such as sex, drugs, and violence. \* Discipline: How to set limits and enforce rules without resorting to harsh punishment. \* Support: How to create a positive and supportive environment for your children. \*\*Pasquale De Marco\*\* also explores the changing role of parents in the 21st century. As our world becomes increasingly complex and demanding, parents are facing new challenges and opportunities. This book provides guidance on how to navigate these challenges and how to create a positive and supportive environment for your children. \*\*Kids and Their Parents\*\* is an essential resource for parents of all ages and stages. Whether you are a new parent or a seasoned veteran, you will find something of value in these pages. \*\*Pasquale De Marco\*\* believes that all children deserve to be loved, nurtured, and supported. This book provides parents with the tools and knowledge they need to create a positive and supportive environment for their children. \*\*Pasquale De Marco\*\* also believes that parents need support and encouragement. This book provides parents with the support and encouragement they need to be the best parents they can be. If you like this book, write a review!

**relationship after divorce with kids: Healing a Child's Heart After Divorce** Alan D. Wolfelt, Raelynn Maloney, 2011-04-01 Addressing the significant loss that divorce represents for children, this caregiving companion makes it possible for adults to guide them through the natural grief that accompanies the experience. Contending that children can continue to thrive if they are shown the way, this sensitive guide provides 100 practical suggestions for supporting them. Aimed at assisting a wide range of adults, the methods presented are ideal not just for parents but for grandparents, teachers, day care workers, counselors, and even coaches who care for and about kids. Enabling grownups with down-to-earth tips, this handbook is essential for helping sons and daughters navigate the inevitable array of confusing thoughts and feelings.

**relationship after divorce with kids: The Collaborative Way to Divorce** Stuart G. Webb, Ronald D. Ousky, 2007-06-26 The groundbreaking alternative for the millions of couples with children who face divorce each year—couples who want to avoid litigation, but don't want to give up on getting what they want. Even under the best circumstances, divorce can be marked by a range of painful emotions. But research now reveals that how a couple conducts themselves during a divorce has far greater impact on their children than the act of divorcing itself. Groundbreaking and revolutionary, The Collaborative Way to Divorce is the first guide to the Collaborative process, a nationally acclaimed approach based on the concept that both spouses hire legal representation, yet agree to resolve their differences with no intention of ever going to court. Stressing cooperation over confrontation and resolution over revenge, Collaborative divorce is fast transforming how couples dissolve their marriages, divide their assets, and reinvent their post-divorce relationships, particularly when they have children. Written by Stu Webb, the founder of the Collaborative law movement and Ron Ousky, an early pioneer of the process, The Collaborative Way to Divorce guides you through the steps of the Collaborative process so that you can make better, more informed, and more strategic decisions—resulting in a win-win outcome for you and your spouse.

**relationship after divorce with kids: Handbook of Divorce and Relationship Dissolution** Mark A. Fine, John H. Harvey, 2013-12-19 This Handbook presents up-to-date scholarship on the causes and predictors, processes, and consequences of divorce and relationship dissolution. Featuring contributions from multiple disciplines, this Handbook reviews relationship termination, including variations depending on legal status, race/ethnicity, and sexual orientation. The Handbook focuses on the often-neglected processes involved as the relationship unfolds, such as infidelity, hurt, and remarriage. It also covers the legal and policy aspects, the demographics, and the historical aspects of divorce. Intended for researchers, practitioners, counselors, clinicians, and advanced students in

psychology, sociology, family studies, communication, and nursing, the book serves as a text in courses on divorce, marriage and the family, and close relationships.

**relationship after divorce with kids: Seven Secrets to a Successful Divorce** Christina Rowe, 2007-08 Christina Rowe learned the hard way about the perils of divorce. She was a happily married woman with four children. Then Christina caught her husband cheating and her life spiraled out of control. What followed were two years of hell. She went through it all: money problems, dealing with a debeat ex-husband, navigating the court system, corrupt lawyers, and more. Eventually Christina's life got better. She made it through the storm. In her hard-hitting tell-all book Christina reveals the secrets to a successful divorce for women. She shares her story, and gives you specific tips and recommendations on how not to be taken advantage of during your own divorce process.

**relationship after divorce with kids: Dating and Interpersonal Relationships** Nicolae Sfetcu, 2014-05-01 An introduction to interpersonal relationship - methods, advice and tips for friendship, dating and online dating, intimate relationship, love and kiss, flirting, seduction, romance, marriage and wedding. Interpersonal relationships are social associations, connections, or affiliations between two or more people. They vary in differing levels of intimacy and sharing, implying the discovery or establishment of common ground, and may be centered around something(s) shared in common. The study of relationships is of concern to sociology, psychology and anthropology. Dating is a form of courtship consisting of social activities done by two persons with the aim of each assessing the other's suitability as a partner in an intimate relationship or as a spouse.

**relationship after divorce with kids: Improving Father-Daughter Relationships** Linda Nielsen, 2020-05-27 Improving Father-Daughter Relationships: A Guide for Women and Their Dads is essential reading for daughters and their fathers, as well as for their families and for therapists. This friendly, no-nonsense book by father-daughter relationships expert, Dr. Linda Nielsen, offers women and their dads a step-by-step guide to improve their relationships and to understand the impact this will have on their well-being. Nielsen encourages us to get to the root of problems, instead of dealing with fallout, and helps us resolve the conflicts that commonly strain relationships from late adolescence throughout a daughter's adult years. Showing how we can strengthen bonds by settling issues that divide us, her book explores a range of difficult issues from conflicts over money, to the daughter's lifestyle or sexual orientation, to her parents' divorce and dad's remarriage. With quizzes and real-life examples to encourage us to examine beliefs that are limiting or complicating the connection between fathers and daughters, this guide helps us feel less isolated and enables us to create more joyful, honest, enriching relationships.

**relationship after divorce with kids: Finding the Right One After Divorce** Edward M. Tauber, Jim Smoke, 2007-04-01 There are 23 million divorced people in the United States today. More than 80 percent of these people will remarry, and many of those marriages will fail. Divorce recovery experts Edward Tauber and Jim Smoke draw on their 30 years of experience as divorce counselors and a survey of more than 600 individuals to explore why people end up divorced again and what they can do to successfully remarry. To help readers avoid making the mistakes others have made, the authors present 13 wrong reasons to remarry, including: loneliness need to be needed to provide fathers or moms for kids to prove the divorce wasn't their fault they've found their soul mates Tauber and Smoke provide practical guidelines based on biblical principles to help people find partners who share values, have compatible personalities, agree on child-raising principles, and more. Includes helpful Ready2Remarry self test.

**relationship after divorce with kids: Handbook of Private Practice** Steven Walfish, Jeffrey E. Barnett, Jeffrey Zimmerman, 2017-03-24 Handbook of Private Practice is the premier resource for mental health clinicians, covering all aspects of developing and maintaining a successful private practice.

**relationship after divorce with kids: Choices in Relationships** David Knox, Caroline Schacht, I. Joyce Chang, 2020-01-07 Cutting edge and student-friendly, Choices in Relationships takes readers through the lifespan of relationships, marriages, and families, and utilizes research to

help them make deliberate, informed choices in their interpersonal relationships.

**relationship after divorce with kids: Jigsaw Puzzle Family** Cynthia MacGregor, 2005  
Presents a practice guide for children of divorce that offers advice on dealing with new stepparents and siblings, adjusting to new rules, changing houses, and more.

**relationship after divorce with kids: Joined at the Heart** Albert Gore, Al Gore, Tipper Gore, 2003-11 In this moving exploration of the contemporary family landscape, the Gores share stories drawn from their own experiences, as well as introduce readers to a dozen other families they have come to know over the years.

**relationship after divorce with kids: Parenting** Susan Golombok, 2000 The author considers whether it is necessary to have two parents and explores the psychological processes that underlie optimal development for children, particularly the quality of the child's relationship with parents and the wider social world.

**relationship after divorce with kids: Stuck in the Middle with You** Jennifer Finney Boylan, 2014-04-22 New York Times bestselling author Jennifer Finney Boylan returns with a remarkable memoir about gender and parenting that discusses how families are shaped and the difficulties and wonders of being human. A father for six years, a mother for ten, and for a time in between, neither, or both, Jennifer Finney Boylan has seen parenthood from both sides of the gender divide. When her two children were young, Boylan came out as transgender, and as Jenny transitioned from a man to a woman and from a father to a mother, her family faced unique challenges and questions. In this thoughtful, tear-jerking, hilarious memoir, Jenny asks what it means to be a father, or a mother, and to what extent gender shades our experiences as parents. Through both her own story and incredibly insightful interviews with others, including Richard Russo, Edward Albee, Ann Beattie, Augusten Burroughs, Susan Minot, Trey Ellis, Timothy Kreider, and more, Jenny examines relationships between fathers, mothers, and children; people's memories of the children they were and the parents they became; and the many different ways a family can be. With an Afterword by Anna Quindlen, *Stuck in the Middle with You* is a brilliant meditation on raising—and on being—a child. Now with Extra Libris material, including a reader's guide and bonus content

**relationship after divorce with kids: Children and the Changing Family** An-Magritt Jensen, Lorna McKee, 2003 The editors maintain that there is a compelling need to explore the child's role in major familial decisions such as divorce, moving house, employment or childcare.

**relationship after divorce with kids: Marriage and Family** Kathleen Gilbert, 2001 A collection of public press articles that offer varied perspectives on the family. Issues covered include: exploring and establishing relationships; maintaining relationships; the challenges and opportunities of crises; and maintaining healthy relationships in families.

**relationship after divorce with kids: Tainted Love** Dr. Julie Growthorpe, 2012-06-20  
Accomplished psychotherapist and coach, Dr. Julie Growthorpe, RSW, provides parents with a guide to conquer the emotionally charged experience of parenting after divorce. Many parents wonder, Why is my ex intent on making my life miserable? Dr. Julie answers this question, using conversational style and easy-to-grasp concepts. She will inspire, motivate, and arm you with the knowledge to better understand your relationship with your ex. She will help you build upon your personal resources to empower you to be a better, happier parent after divorce. For parents who desire happiness and time to focus on their child, Dr. Julie reveals four key steps to redefining and taking control of your life after divorce. As you incorporate her easy to- implement changes in your life, you can embrace life as a divorced parent. With these strategies of personal empowerment comes a life of happiness, contentment and, opportunity after divorce.

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