

PARENTS WHO DIVORCE

Right or Wrong?

All too often the media tells us that people aren't prepared to stay in a marriage anymore and that couples are too quick in running to the divorce courts before trying to make their marriages work. But let's be realistic about this; anyone who

has been a child living with parents who appear to hate each other will tell you that it's no picnic and that "staying together for the kids" may not necessarily be a better option than divorce.

PROS

Your parents stop fighting, eventually

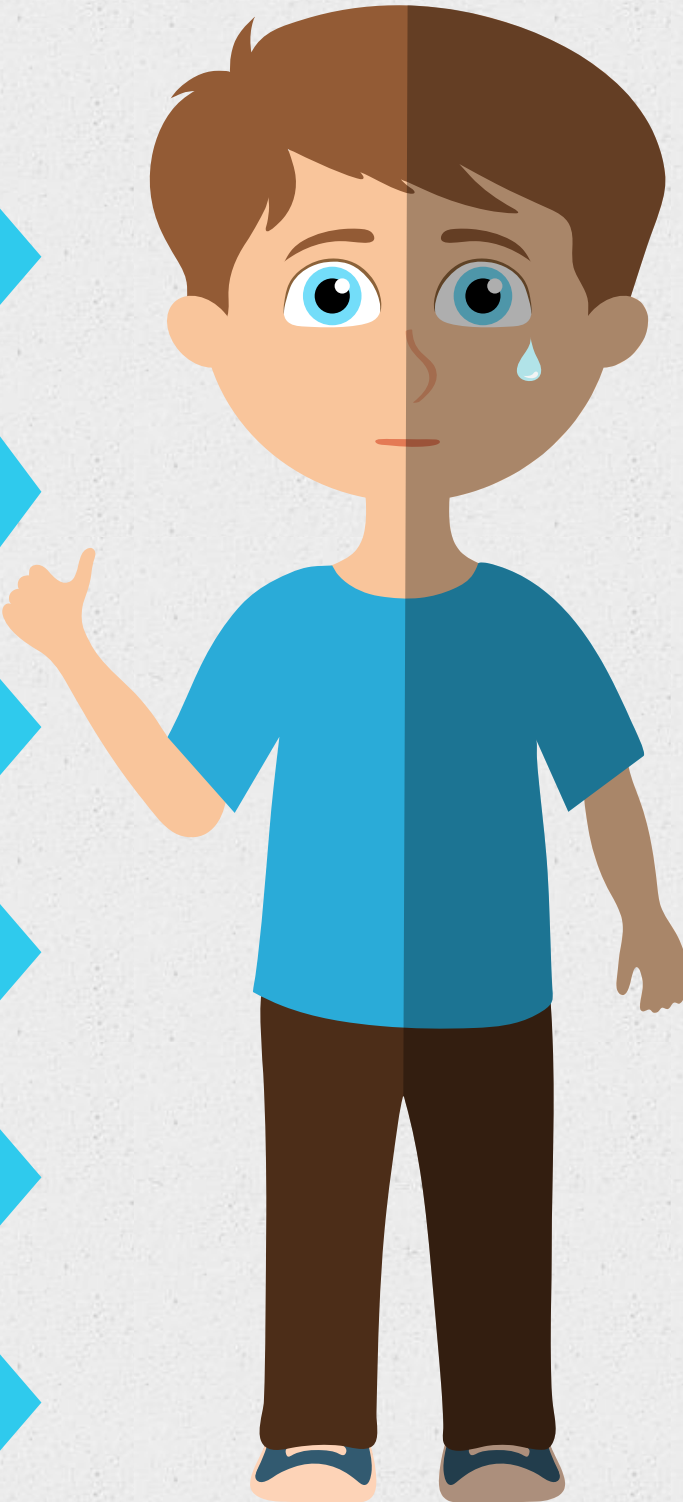
You may gain new siblings/friends when your mum/dad meets a new partner

Your parents give you more focused attention

Things are less stressful at home so you can do your school work

There's less stigma about divorce than in the past

Everyone is happier, eventually



CONS

Your parents continue fighting

You become a pawn in their fighting

You are distracted and can't focus

Reports say you won't do as well at school and may even suffer stress-related ill-health

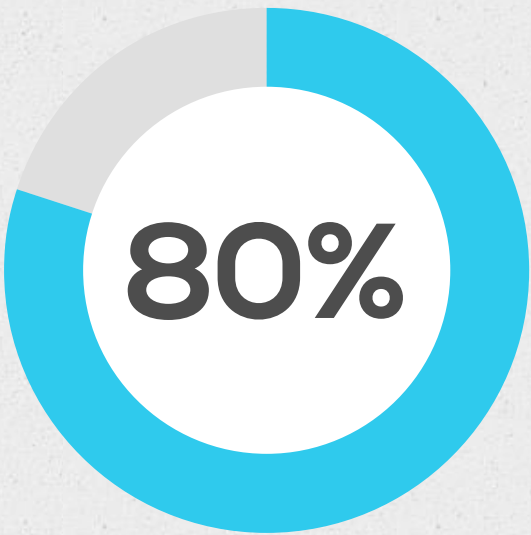
Things at home change and you may even be forced to move house

You feel guilty and blame yourself for your parents' divorce



Parents who stay together while arguing constantly and behaving badly towards each other can cause long-lasting emotional trauma for children, while possibly being less able to offer effective support than divorced parents who have managed to work out their parenting skills while living apart.

FEATURES OF EFFECTIVE PARENTING FOLLOWING DIVORCE



Several research studies have shown that **around 80%** of children of divorce adapt well and suffer no lasting negative effects on their school attainment, social adjustment or mental health.



Parents should have a good, basic relationship.



Parents should be emotionally stable: both parents should exercise fair discipline, provide love, and respond emotionally to a child's needs.



Children need safe housing, nutritionally balanced food, and social support, they don't need to be spoiled, these resources can be provided by two parents.

BUT THEY DON'T NEED TO LIVE IN THE SAME HOUSE

Healys family lawyers in London and Brighton can help you if you are experiencing relationship breakdown. We are experts in this field and provide supportive, yet pragmatic legal advice regarding all issues arising from family disputes.

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