

How to help kids cope up with stresses of divorce essay

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“ No one can put apart what God has bound together.

” Proverbial it is as always being stated by officiating heads in a matrimonial ceremony. And it has been a cliché as the past years witness many married couples living separate lives. This process is known as divorce. Divorce has been legal in the United States concurrently with other Western Countries. On the contrary, Asian countries like Philippines lobby against the legalization of divorce in their country. Though a legal process in this country, getting through a divorce is a hard toil. Separation is hard in terms of finalizing decisions and straightening the set-up when it comes to visitations, adoptions and property rights.

More so, the legal processes one must go through add up to that. But, what really put weight to getting through it are the kids who must also be taken into consideration. What is Divorce? Divorce is defined as what is known as the legal dissolution of a marriage (Athen; par. 1). It usually comes along when matrimonial issues are too hard to handle and stress is on its toll. Each year, the average divorce rate is 20 for every 1, 000 women. This rate has been increasing per year. It is deemed that there are many factors contributing to divorce of marriage.

Key factors that lead to the breakdown of a union are adultery and monetary problems (Hughes; par. 4). Effects of Divorce Being hard at that, the effects of divorce double the weight to re-consider doing so. These effects may be felt first in its economic consequence. The risk of being in the poverty “
DIVORCE AND CHILDREN” page #2 ine is high as there are great chances that only one among the custodian of the kids will be working (Funder &

Kinsella; par. 3). Another is the process one should go through in filing for divorce. Moreover, the fight over custody of children results to graver effects especially among the kids.

Children of divorce parents find it hard to adjust in the new set-up presented to them. This being their routinary and habituary nature. This may lead to depression and difficulty in coping up with the said event. Signs of these may be noticed if the child shows behavior which is out of the typical. Usually, it may be noticed as a symptom of any other stressful conditions or as anxiety or grief (Divorce: Helping your...; par. 6 & 7). As to how the child would react to the effect of divorce, whether positively or negatively, matters on their attitude or rearing, age, gender, amount of conflict from parents, and the support they will be able to get from their friends and family.

It is but more usual to see signs of difficulty in coping with a divorce in girls and of age of 5 - 7. (Hughes; par. 27). How to Help them Cope with the StressDivorce, no matter how peaceful, is still ugly as it may affect children in lots of ways. In order to reduce these negative effects which may also lead to post traumatic stress disorders (PSTD), parents should help their children cope with the divorce. First, both parents should tell their children using simple language and skipping the ugly details of the falling out. This may tend to cause a regression in the children's behavior for a while but careful explaining will help them understand.

Second is to assure them that they are still loved and that they will not be neglected by both parents. Another is to explain to them that you can not

stay together just for having kids because it might as well turn worse when done. It must also be noted to keep kids out of the fight and counseling with professionals will do help a lot (Divorce: Helping Your... par. 12- 18).

“ DIVORCE AND CHILDREN” page #3 Conclusion With all the bitterness that divorce will bring about to both parties, one must be able to keep in mind that staying happy amidst and by that decision is an important factor in helping one’s self and the kids grew out of the stresses that the divorce may bring (Augustine; par. 2-24). An open communication line also helps heal what is left broken in the course of the falling out from the relationship.

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