

8 Parents Considering Separation or Divorce

Today I want to talk about parents who are considering separation or divorce. Statistically, about half of all new marriages end in divorce. A large percentage of divorcing couples are also parents of one or more children. Over the past two decades, more than one million children each year have experienced a family divorce. Most of these children experience significant changes in their living arrangements.

For parents, the relationship between divorced parents' psychological well-being relates to children's well-being. There is a positive relationship between the mental health of parents and children's mental health. That is, children whose parents are better adjusted fare better than children whose parents are not adjusting well. Divorce is not a singular incident. There are many parts of it,

1. Emotional Divorce
2. Legal Divorce
3. Economic Divorce
4. Co-parenting Divorce
5. Social Divorce
6. Psychological Divorce

If you are affected by divorce, think about each aspect and get assistance in thinking through to establish a consistent daily life for your children.

I'm Dr. Karen DeBord with North Carolina State University Cooperative Extension.