

Repairing Your Relationship with Your Child After a Divorce

Below are tips to help repair your relationship with your children after a divorce. Divorce brings turmoil, confusion, and can often lead into hurtful experiences.

Tips to Help You with:

- Reconciliation
- New Relationship
- Living Single

Keep Communication open.

Whatever your experience, if you are in a new relationship, going through reconciliation with your spouse, or are adjusting to being single, divorced, it's important to manage repair relationships with your children.

Weekly plan a talk with your child, so that they know they are important. If you have a new relationship in your life, or exploring reconciliation with your spouse, or are adjusting to being divorce, relationship repair planning with your child is important.

Plan conversations take your kids to dinner or plan alone time. If a child refuses to talk, it's OK. Your child can sit in silence but participating in a planned meeting will show them that you refuse to give up because your relationship with them is valuable.

Plan Weekly Conversations – Don't give up!

- ✓ If you are single: Take them to dinner alone.
- ✓ If you are in a new relationship: Take them to dinner with your new partner.
- ✓ If you are reconciling with your spouse: Take them to dinner with your spouse.

During the Week Show Support.

Text to your children to show an effort to keep communication open. Be persistent in dedication to show your child support, regardless, if they give you a cold shoulder, or not.

Ask for forgiveness from your child for your part of the high conflict.

John's anger caused a relationship problem with his parents. The road to recovery starts when the parents or parent admits to mistakes to your kids. When you show humility and respect toward your kids, you pave the way for them to be open and vulnerable with you.

Don't take your children's anger or hurtful behavior personally.

Your children may be terrified of losing you as a parent. Fear is often masked by anger. If a child refuses professional help, go alone. Let the positive changes in the relationship begin with you.

Hold your children accountable, and model acceptable behavior.

Do not allow disrespect to your position as a parent. Let your children know that their feelings are important, and you are fully present and willing to listen to their feelings and thoughts about the divorce. Acknowledge your child without personalizing, or internalizing, what is said. If a boundary is crossed, stop the conversation for a period, and tell your child you are taking a timeout so later you can listen with more clarity.