

Road to Stability

Research shows that *divorced parents typically come out of a painful divorce, and two years later, are more adjusted, well satisfied in their life than they ever were before they get divorced.* Year one can be the hardest year of your life. Anxiety will be up, grief will be difficult. As you enter year two, you will begin to adjust and everything around you will become more stable.

Here are some things you have to look forward to in year two: Your **emotions** begin to adjust, your **finances** will find some stability, **life** will gain a routine, and you'll be figuring out **co-parenting**. With all of that in mind, try not to make other huge transitions or huge changes in your life that first couple of years.

Protecting the Kids

Protecting the kids in those early years are very important and can be summarized into three Cs.

1. **CONFIDANT** - Do not make your child your confidant. Teenagers and older kids want to know more and be in the middle. They want to know what's going on.
2. **COMPANION** - Do not make your child your companion. It's very normal for divorced parents to feel lonely, and to almost move children into the companion role where the spouse used to be. It takes very intentional planning and thinking to not let that happen.
3. **COUNSELOR** - Do not make your child your counselor. Your child is not there to manage your pain, to handle your emotions. They need to have their own process to handle that, but they're not your counselor.

Kids really need to be given the freedom to just be kids. To function and be focused on the things that are important to them.

Help Yourself Heal

The healthier you are, the more healthy your kids can become. Give yourself some time to heal. Give yourself some time to settle into being a stable, secure single person. Recognize and implement the importance of routine. *If you're a dad, recognize that your kids need you to be in their life. They need you to be a stable parent, and a present parent. And moms, continue to reach out to those fathers and try to engage them as active co-parents in the process.*