

Handling Holidays, Special Occasions & School

Holidays can be really tough after divorce. Some things that might make the holidays tough are traveling, spending longer periods of time away from one parent, wishing they were with both parents, etc.

Holidays & Special Occasions

Some of the earlier holidays such as [Easter](#), [Mother's Day](#), and [Father's Day](#) don't necessarily mean there's a big trip somewhere or extended family. However, these are **really important** to kids growing up. If you love your kids and you want them to have the best holiday, help them prepare for it. It could be helpful to discuss how you'll handle those holidays at your co-parenting meetings. ***If moms and dads are communicating and there's a plan, then the kids don't get caught in the middle of an awkward situation.***

When it comes to the later holidays, the most common way to divide holidays is **down the middle**. And if that's what works, that's fine. If you're in a position, you can always rethink that or zoom out to a bigger one. ***Always keep in mind what could make holidays the most relaxing and enjoyable for the kids.*** Talk to your co-parent about a new way to handle holidays until you find what works, if you feel like you might be able to do that in a healthy way.

Key takeaway: *If your attitude and your motive is always what is best for the kids, that will make their holidays the simplest and most enjoyable memories possible. In your child's ideal world they would be able to spend time and the holidays with both parents.*

School

Kids are really resilient, but divorce is a really tough thing for kids to deal with, even when parents handle the divorce very well. The divorce itself, especially when emotions are new and raw, can be a pre-occupation for kids at school. It's hard for them to channel energy toward academic concerns, when their foremost concern is that the foundation of their world, which is **their secure attachment to the parents**, is falling apart.

Divorce is becoming more common which forces schools to be more familiar with how to address a child dealing with divorce. Schools understand that whenever we have a meeting, both parents need to be invited to the meeting.