

## Dating after Divorce

If you decide to date and remarry, you need to be very conscious of how it will affect your children. Often, without a voice, the kids feel like they are taking second place in a parent's life when another person walks on the scene.

If you take some time from dating after your divorce, older children may become curious as to why you are not finding a new spouse. They don't want you alone or sad when they finally leave home. They feel some responsibility for you. Whether it's in dating or other aspects, it's easy for kids with a single parent to take on that feeling of, "*I need to take care of Mom, or I need to take care of Dad*", and if they're gonna be lonely or they're gonna be unhappy." You need to make sure, whether you're dating or whether you don't date, **that you are very, very sensitive to where the kids are on that and what emotions are involved.**

### Let Yourself Heal

Spend some time taking care of yourself so that you're a better person as you go into that process. Don't start dating right off the bat as soon as you're a single parent. **Give yourself some time to heal.** Give yourself some time to settle into being a *stable, secure, and single* person.

### Co-parents and support

If you are actively trying to co-parent, then you will never truly be a single parent. Being a single co parent means that **you've got somebody else out there to help support you in this process.** If your co-parent decides to get married and bring someone into your co-parenting relationship, there's someone else that you can rely on for support. Instead of going down the road of being upset or hurt, focus on what's best for your child. The way you treat that new person will contribute to the tone for their relationship with your child.

As parents remarry, it's important to remember that **no one is replacing another** in the child's life. A step-father does not mean dad is being replaced, it's simply a bonus for the child. Same goes for a step-mother. Embrace the additional people into your child's life by staying **positive.**

## For the Incoming Parents

This can be unfamiliar territory as you step into a family. Your joining will change dynamics. You immediately walk into the *emotions of their past, and of their divorce, and of those things that are going on without the control,* and many times you feel like **an outsider.** Your state of emotions truly is the result of your point of focus. And so, whatever you focus on determines your emotion. Focus on **positivity.** Be selfless and work every day to figure out how you can make this positive for the child. Embrace all the parents of the family, they can be wonderful people in your lives. And **YOU ALL** have a purpose in this family. Don't compare yourself to anybody else and don't try to force yourself on anyone.