


# Resources for High Conflict Divorce

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Today, up to 50% of marriages in the US are ending up in divorce. Surprisingly, the divorce rates for couples with children and those without is only slightly different. Since most of these divorces are affecting couples between the ages of 20 and 39 years, many children are often affected. But, really, this shouldn't be the case always. **Learning how to help your children move past this challenging time will make all the difference.**

Adults going through divorce and separation also needs as much support from clergy, professionals, friends, and family. At the Law Office of David Pedrazas, we understand how difficult and painful divorce is, and want to try and make it a little easier by providing helpful resources. **Here are some resources to help you handle a high conflict divorce:**

## Helping Kids with Divorce

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[How to Create Meaningful Quality Time with Your Kids](#)

[5 Ways to Build Closer Relationships with Your Children after Divorce](#)

[How Our Children Perceive Divorce and what We Can Do to Help Them](#)

[Tips on How to Help Your Toddler Cope with Divorce](#)

[6 Tips on How to Help Your School-Age Child Cope with Divorce](#)

[6 Important Ways for You to Help Your Teenager Through a Divorce](#)

[Helping Kids Adjust to Living in Two Homes](#)

[How to Tell Your Kids About Your Divorce](#)

## **Co-Parenting**

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[4 Ways to Co-Parent with your Ex, Even if You Don't Get Along](#)

[5 Things to Remember About Being a Co-Parent](#)

[Co-Parenting New Year's Resolutions for 2018](#)

[Co-Parenting Conflict: 6 Ways to Cope with Spending Time Away from Your Children](#)

[Successful and Positive Co-Parenting After Divorce](#)

## **Holidays and Co-Parenting**

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[5 Tips for Managing Parenting Time During the Holidays](#)

[5 Tips for Keeping Your Cool While Co-Parenting During the Holidays](#)

[6 Ways to Make Divorce Easier on Your Children During the Holiday Season](#)

[4 Co-Parenting Tips for the Holidays](#)

[4 Successful Co-Parenting Tips for the Holidays](#)

[How Divorced Parents Can Plan for the Upcoming Holiday Season](#)

[Free or Cheap Things to Do in Utah with Your Kids During Christmas](#)

## **Divorce, Custody, Child Support & More**

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[What Can I Do if My Ex Won't Pay Child Support?](#)

[Tips on How to Prepare for Child Custody Mediation](#)

[When Should I Request a Psychological Evaluation in a Child Custody Case?](#)

[Can Parents Deny Visitation?](#)

[Divorce and Social Media: Proceed with Caution](#)

[When Fault Matters in a No-Fault Divorce Case](#)

[What to Know When Your Kids Fly Solo after Divorce](#)

[What is Divorce Mediation?](#)

[Utah Child Relocation Laws and Divorce](#)

[Single Income Divorce](#)

## **Healing After Divorce**

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[5 Ways to Handle Emotional Pain After Divorce](#)

[Is Divorce Anxiety Interrupting Your Sleep?](#)

[Divorce Anxiety: Use Music for Recovery](#)

[Top 5 Ways to Reduce Stress as a Single Parent](#)

[Quotes for People Going through a Divorce](#)

[How to Find Happiness After Divorce](#)

[Essential Things to Do After Divorce to Jumpstart Your New Life- Part 1](#)

[Essential Things to Do After Divorce to Jumpstart Your New Life- Part 2](#)

[Essential Things to Do After Divorce to Jumpstart Your New Life- Part 3](#)

## **Relationships**

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[7 Signs You are at Risk for an Unhealthy Relationship](#)

[5 Signs Divorce is the Answer](#)

[Dating After Divorce: 5 Things to Consider](#)

[Finding the Silver Lining: Can Divorce Be Good?](#)

[Why Falling in Love After 50 is the Best](#)

### **Seek Help from SLC, Utah Divorce and Family Law Attorney David Pedrazas**

At the [Law Office of David Pedrazas](#), we understand that [divorce](#) is hard on kids and we work to ensure they do not go through any additional distress. ***We are committed to providing you with the real help needed to help you rebuild your lives again and safeguard a better tomorrow for your kids.*** [Contact us](#) today for more divorce resources, consultations or a [free case evaluation](#).