

Tips on How to Help Your Toddler Cope with Divorce

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By David Pedrazas

Divorce has a profound effect on every member of your family and **toddlers are particularly vulnerable to feelings of anxiety and insecurity**. Young children understand the world more intuitively than intellectually. That's why it's important to **provide a sense of stability and coherence during and after divorce**. At the **Salt Lake City Law Office of David Pedrazas**, divorce attorney David Pedrazas has the **experience** to help you work through a difficult divorce and **begin a new and more fruitful life**. We hope these tips about helping toddlers prove to be valuable.



7 Coping Methods:

Children thrive on consistency and **divorce tends to turn their world upside down**. Toddlers may not be able to express the finer points of what's going on, but their feelings are quite sophisticated. **They feel the upheaval**. When parents express anger and frustration toward each other, the child may feel unsafe. When blaming and bad-mouthing occurs in front of your child, family life can become unsettling. It's imperative that you **rebuild a safe, secure quality of life for your child**. Consider these divorce coping ideas to [help your child](#).

1. Provide Reassurance

The absence of one parent can create **separation anxiety** in your toddler. When they ask: "where's mommy" or "where's daddy" give them a solid answer and **let them know that both parents love them**. Follow that up with a defined time when they'll see the other parent. **Spending additional quality time** and **reinforcing that the primary people in their lives love them** can help ground toddlers. Express love daily.

2. Exercise Patience

Toddlers may experience **waves of emotion about the changes** in their lives that require you to be more patient than ever. It's important to recognize that you are also in an acutely stressful period. The combination calls for **additional reflection and internal calm**. Try to proceed with **additional patience when toddlers are unruly or situations feel overwhelming**.

3. Maintain Routines

Keeping normal schedules and activities in place helps make your child feel grounded. It's not necessarily important who makes the usual meals at the usual times or plays the insider game. But, **consistency** matters to children. It **reinforces a sense of security and safety**.

4. Be Honest

Telling the truth right from the beginning of a divorce is vital to maintaining a trusting parent-child relationship. Many parents instinctively want to shield children from family problems. Toddlers are intuitive and the older they get, the clearer the picture. You don't have to be brutally honest, but don't undermine your own credibility either. **Let them know that mommy and daddy no longer live together, but that they both love them very much.** All children **really** want to know and **feel** is that **they are still loved, they are safe, and that they are deeply cared for.**

5. Build Bridges

You and your former spouse divorced for a reason and hard feeling tend to linger. Take a breath and understand that you are leading separate lives now and **forging a friendship is in your child's best interest.** If you have an ongoing war of words with your ex, the child may feel like they are in the middle and need to choose a side. **A united front teaches your child that cohesion still exists in his or her family.**

6. Tone It Down

Arguments, insults and negative talk about former spouses creates untold anxiety in young children. The complexities of broken marriages are lost on toddlers. The subliminal messages they receive are anger and frustration. That can make toddlers afraid. **Polite, inside voices matter.**

7. Take Care of Yourself

One of the best ways to be a terrific parent is to take care of yourself. Eat right, stay fit and **seek emotional support** from friends, family, clergy and mental health professionals. By taking care of your well-being, you'll be fully prepared to **take care of your toddler during the particularly sensitive time.**

3 Tips to Help You Adapt to Parenting with Your Ex to Make Things Easier for Your Toddler:

Getting **divorced** means that all the standard practices must be revisited if you are to keep the lines of communication open. **Successful communication helps stabilize things in the two-household family** your toddler must negotiate. **Co-parenting** requires a greater degree of formal communication because you won't have impromptu opportunities to discuss the daily issues your toddler is experiencing. Consider these parenting strategies.

1. Visitation

Most divorces have a court order in place that defines **visitation.** But that doesn't resolve the full breadth of co-parenting issues. Be open to making **reasonable** changes and expanding the noncustodial parent's access **when appropriate.** Of course, **agreements should be based on sound reasons and never be spiteful.** Consider exchanging all pertinent information such as cell phone numbers, email, medical contacts, babysitters, daycare and other things that **simplify pickups and drop-offs.**

2. Discipline

Many parents disagree about how children should be punished for poor behavior. One parent tends to be stricter and the other more nurturing. Both are reasonable aspects of parent-child relationships. But **parenting separately may run more smoothly if you agree on the penalties** for certain infractions. **Consistency matters.**

3. New People

The rule should be to **introduce new love interests very slowly**, if at all. **Only serious long-term, relationships** make sense. Short-term dating interactions can make a child feel like the home is a revolving door. Tread lightly and seek the advice of a family professional before moving forward.

TIPS TO HELP YOUR Child Cope with DIVORCE

Divorce can be heart wrenching for everyone involved, but the impact upon children can be much greater if the proper steps aren't taken to help them through this difficult time.

Here are Steps You can Take to Support Your Child Through a Divorce

- Take time to listen and connect with your child.
- Don't expose kids to casual relationships.
- Don't dismiss their feelings.
- Keep conflict away from children.
- Remind your child daily how much you love them.
- Minimize disruptions to their daily routine.
- Find new, fun, engaging ways to spend quality time together.
- Continue their favorite traditions.
- Offer comfort and distraction.
- Introduce the kids to social activities.

Children can sense their parents emotions, which can heighten their

own anxiety. Remember to take care of yourself throughout the process so you can be the best mom or dad for your little ones.



Contact Utah Divorce Attorney David Pedrazas to help you through the process
801-263-7078
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Divorce Attorney David Pedrazas in Salt Lake City, Utah

At the [Law Offices of David Pedrazas](#), we understand that divorce affects the entire family. It's important to account for the emotional stresses of minor children and we hope this discussion proved helpful. If you are considering divorce, **contact David Pedrazas** to schedule a **free consultation**. Give us call at **801-263-7078** today.