

Take the Next Steps

Talk to your son/daughter, check on how their feeling, distract them from the situation

Reassure them that they are not alone

If they seem to have any mental health problems contact your local hospital/clinic and provide them with a therapist (if necessary)

ALL children/adolescents feelings matter during times like these.



What You Need to Know

Minors aged between seven through 14 exhibit 16% rise in emotional problems during the time of a parent's separation¹

Adolescents tend to be more rebellious and worry about themselves

Children tend to become more anxious and question things²

57% of adolescents reported a very close relationship with their fathers compared to 71% who reported being very close to their mother³

Children & The Effects of Divorce



¹ "How Divorce REALLY Impacts Kids' Mental Health." Youtube, uploaded by Shrink Tank, 29 January 2020

² Espejo, Roman. Divorce and Children. Greenhaven Publishing LLC, 2015, Chapter 2, pages 24-28 .

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³ Scott, Mindy E., et al. "Postdivorce Father-Adolescent Closeness." Journal of Marriage and Family, vol. 69, no. 5, 2007, pp. 1194-209