

Never forget: When you attack a child's parent, it will feel to that child like you are attacking the child. It might not seem logical to you but it's the only way a child is able to feel.

Language to Learn to Use Instead of Negative Comments and Reactions

- Your mom and I feel differently about...
- You need to talk to your mom about that.
- I have a hard time dealing with your mom sometime. Bear with me.
- No, I don't love your mom, but I did when we married and had you. That's what is important. Your mom has many good things about her.
- I can't answer that. You'll have to ask your mom.
- I don't know why your mom feels/acts that way.
- Don't ever believe that because your mom or I fell out of love with each other that we won't love you anymore. We will always love you.
- I'm not sure how to answer that. Let me think about it and we'll discuss it later.
- I know you miss your mom right now.
- Perhaps she can't help herself right now. It's nothing you did.

"How well you handle the divorce transition and your own anger will affect your children far more than the divorce itself." Lansky, p. 29

Love your child more than you hate your ex!!!

Divorce Book for Parents, Vicky Lansky, Book Peddlers, Minnetonka, MN

**It doesn't matter how you feel about the other parent...
It only matters how you act!**

A New Relationship with your EX

Work at developing a new kind of language – nonjudgmental, factual and neutral – when you discuss the children and make plans. Be civil and as amicable as you can.

Stick to the topic. Avoid the temptation to bring up old grievances (even if she does) or matters that have nothing to do with the kids.

Discuss money issues and parenting issues in separate phone calls. Don't use exchanges of the kids to address issues.

Avoid blaming when problems arise. It's easy to go there, automatic even. Instead concentrate on solutions and compromise.

Don't jump at the opportunities to make your ex look bad. It will be tempting...don't do it!

Figure out before you talk to her what it is you want specifically. Try writing out your 'speech' so you'll stick to the topic and cover your important points.

Don't contact or email your ex when you are angry! Delay responding to her angry email. ALWAYS edit your responses before sending.

Pick your timing carefully. Listen and watch for cues that you need to back off. If you aren't getting anywhere, back off and try again another time.

Your ex's character flaws will not disappear (nor will yours). The things that bothered you (her) will still bother you (her). Accept this and work on acceptance that "good or bad, right or wrong, this is the way it is."

Approach your ex as a business partnership. You are partners in a business. The assets are your children.

DO NOT put negative comments on facebook, twitter, or any social networking site!

Follow up verbal agreements with a written agreement. This is what we agreed to...

By NANCY BLACK