



**MICHAEL TEASE LAW**  
A PROFESSIONAL CORPORATION

**SUGGESTED GUIDELINES FOR PARENTS IN SEPARATION AND  
DIVORCE ACTIONS**

These suggestions are to help you and/or your children in this time of mental stress and emotional strain. We hope they help.

1. Always, think first of your child's or children's present and future emotional and mental wellbeing before acting. This will be difficult because of your feelings, needs, and emotions but try, try, try.
2. Maintain your composure and emotional balance as much as possible, and in talking to yourself (verbally and in your thoughts) remember it's not the end of the world. Laugh when you can and try to keep a sense of humor. Remember, what your child or children see in your attitudes is, to some measure, reflected in theirs.
3. Allow yourself and your children time for readjustment. Convalescence from an emotional event like a divorce is essential.
4. Continuing anger or bitterness toward your former partner can injure your children far more than the divorce itself. The feelings you show are more important than the words you use.
5. Refrain from voicing criticism of the other parent. This challenge will be difficult but is absolutely necessary. For a child's healthy development, he or she must have respect for both parents.
6. Do not force or encourage your child to take sides. To do so encourages frustration, guilt, and resentment.