Family Law Advisor
Articles

-**Do's and Don'ts for Separating Parents**

- Do make sure your children know (by specifically telling them) that you love them and that the separation is not their fault.

- Don't have hostile, name-calling fights in front of the children.

- Do reassure your children that separation is not a sign of personal failure or a cause for shame.

- Don't ask your child to choose whom he or she loves more or with whom he or she wants to live.

- Do establish positive patterns of child care from the beginning of the separation.

- Do not let your child feel like he or she is being shuttled between parents.

- Do let your child continue being a child.

- Don't use the child for emotional support or as someone in whom you confide your deep, dark secrets.

- Do encourage your child to have a continued relationship with your ex-spouse/partner.

- Don't try to hurt your ex-spouse/partner by discouraging separation.

- Do try to establish and maintain a calm atmosphere and a stable environment.

- Don't say negative things about your ex-spouse/partner-even if you feel strongly that they are true.

- Do try to establish and maintain regular patterns of visitation.

- Don't use your child to deliver messages (especially negative ones) to your ex-spouse/partner.

- Do inform your child's teacher (if you feel comfortable enough and trust her/him) about your separation and about any accompanying changes in living arrangements.

- Don't prevent your ex-spouse's/partner's parents and other relatives from having access to the child.

- Do try to include your ex-spouse/partner in important decisions and events in your child's life.

- Don't allow issues of visitation or custody to become linked with those of alimony and child support.

- Do continue to reassure your children that even though you and your ex-spouse/partner no longer love each other, you will always live and care for them.

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This article was intended for divorcing parents however it was adapted to separating parents since presently divorce is not legal in Malta.