



EAP INC 530-891-5571



## Helping children cope with divorce

Conflict between parents—separated or not—can be very damaging for kids. It’s crucial to avoid putting your children in the middle of your fights, or making them feel like they have to choose between you.

### Rules of thumb

Remember that your goal is to avoid lasting stress and pain for your children. The following tips can save them a lot of heartache.

- **Take it somewhere else.** Never argue in front of your children, whether it’s in person or over the phone. Ask your ex to talk another time, or drop the conversation altogether.
- **Use tact.** Refrain from talking with your children about details of their other parent’s behavior. It’s the oldest rule in the book: if you don’t have anything nice to say, don’t say anything at all.
- **Be nice.** Be polite in your interactions with your ex-spouse. This not only sets a good example for your kids but can also cause your ex to be gracious in response.
- **Look on the bright side.** Choose to focus on the strengths of all family members. Encourage children to do the same.

**Work on it.** Make it a priority to develop an amicable relationship with your ex-spouse as soon as possible. Watching you be friendly can reassure children and teach problem-solving skills as well.

### The big picture

If you find yourself locked in battle with your ex over the details of parenting, try to step back and remember the bigger purpose at hand.

- **Relationship with both parents.** What’s best for your kids in the long run? Having a good relationship with *both* of their parents throughout their lives.
- **The long view.** If you can keep long-term goals—your children’s physical and mental health, your independence—in mind, you may be able to avoid disagreements about daily details. Think ahead in order to stay calm.
- **Everyone’s well-being.** The happiness of your children, yourself, and, yes, even your ex, should be the broad brushstrokes in the big picture of your new lives after divorce.

## Helping children cope with divorce: Know when to seek help

Some children go through divorce with relatively few problems, while others have a very difficult time. It’s normal for kids to feel a range of difficult emotions, but time, love, and reassurance should help them to heal. If your kids remain overwhelmed, though, you may need to seek professional help. Contact your EAP- 530-891-5571 or [info@eap4u.com](mailto:info@eap4u.com)

### Normal reactions to separation and divorce

Although strong feelings can be tough on kids, the following reactions can be considered normal for children.

- **Anger.** Your kids may express their anger, rage, and resentment with you and your spouse for destroying their sense of normalcy.
- **Anxiety.** It’s natural for children to feel anxious when faced with big changes in their lives.
- **Mild depression.** Sadness about the family’s new situation is normal, and sadness coupled with a sense of hopelessness and helplessness is likely to become a mild form of depression.

It will take some time for your kids to work through their issues about the separation or divorce, but you should see gradual improvement over time .

could use some additional support. Watch for these warning signs of divorce-related depression or anxiety:





## Divorce Continued:

### Red flags for more serious problems

If things get worse rather than better after several months, it may be a sign that your child is stuck in depression, anxiety, or anger and could use some additional support. Watch for these warning signs of divorce-related depression or anxiety:

- Sleep Problems
- Poor Concentration
- Trouble at school
- Substance Abuse
- Self Injury, cutting or eating disorder
- Frequent anger or violent outbursts
- Withdrawal from loved ones
- Refusal of activities

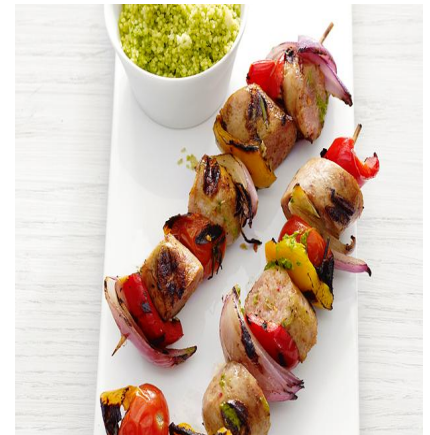
Discuss these or other divorce related warning signs with your child's doctor, teacher or contact your EAP for guidance on coping with specific challenges.

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### Sausage-and-Pepper Skewers

#### Ingredients

- 1 cup couscous
- 2 bell peppers (red and yellow), cut into chunks
- 1 (12-ounce) package chicken sausage (preferably garlic-flavored), cut into 1-inch pieces
- 1 large red onion, cut into chunks
- 1 cup cherry tomatoes
- 3 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 1/4 cup fresh parsley
- 1/4 cup fresh cilantro
- 4 scallions, roughly chopped
- 1 tablespoon white wine vinegar



#### Directions

Soak eight 8-inch skewers in water, at least 15 minutes. Preheat a grill or grill pan to medium high. Prepare the couscous as the label directs.

Meanwhile, toss the bell peppers, sausage, onion and tomatoes in a bowl with 1 tablespoon olive oil;

season with salt and pepper. Thread onto the skewers, alternating the sausage and vegetables. Grill,

turning, until the vegetables are slightly softened and the sausage begins to brown, 6 to 7 minutes.

Meanwhile, puree the parsley, cilantro and scallions in a blender with the remaining 2 tablespoons olive oil, the vinegar and 2 tablespoons water. Season with salt and pepper.

Brush the skewers with some of the pesto and continue to cook, turning, until the tomatoes are tender and the sausage is charred, 6 to 7 more minutes.

Toss the couscous with half of the remaining pesto and season with salt and pepper.

Serve with the skewers and the remaining pesto, for dipping.

Per serving: Calories 396; Fat 13 g (Saturated 2 g); Cholesterol 56 mg; Sodium 356 mg; Carbohydrate 45 g; Fiber 5



#### **EMPLOYEE ASSISTANCE PROGRAM**

Call for confidential help

(530) 891-5571  
(info@eap4u.com)

EAP, Inc. is available to

assist you with all of life's challenges. All

services provided by

EAP, Inc. are **FREE and**

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