

## Children and Divorce

Divorce is a difficult transition for children. It creates stress for children, which may spillover into their schoolwork. It is important for parents to pay attention to their children's schoolwork. Creating a positive routine at home provides the children with much-needed security and stability following a divorce.

VOLUME 1, ISSUE 9

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## Helping Children at Home

- **Be involved in children's school life**

It is important for parents to be informed of their children's homework, tests, and behavior at school. Parents can make sure their children have completed all necessary assignments on time. Maintaining a close relationship with the children's teacher can be helpful to the parent.

- **Establish a homework time**

Children need stability and a routine. Scheduling a regular time for children to complete their homework each night will be beneficial to children.

- **Cooperating with nonresidential parent**

If children spend time with their nonresidential parent during the week, it is important for them to have a homework routine in that household as well. Routines do not need to be the same, but children need to know the rules and routines in both parent's households. Communicating with the other parent about homework, school activities, and behavior will help children succeed in school.

- **Strengthen relationship with child**

Studies have shown that children receive higher grades following a divorce if they have a good relationship with at least one of their parents. It is important for parents to set aside time for fun with their children.

## Helping Children at School

- **Daily behavior log**

If children are having problems in school, the parent can contact the teacher about starting a daily behavior log. The teacher can update the parent daily about their children's schoolwork and behavior. This method keeps the parent informed about the children's performance.

- **Extra help**

If children are having trouble with school after their parent's divorce, consider asking the teacher if a tutor is a possibility. The tutor will provide children with the extra help that is necessary for them to do well in school. School counselors may also be a helpful resource for children to talk with.



### Monthly tip for families:

**Have your child share one exciting thing that happened at school during dinnertime.**

#### Additional Resources:

[www.extension.usu.edu/stepfamily](http://www.extension.usu.edu/stepfamily)

[www.healthyrelationshipsutah.org](http://www.healthyrelationshipsutah.org)

[www.strongermarriage.org](http://www.strongermarriage.org)

[www.stepfamilies.info](http://www.stepfamilies.info)

[www.twoofus.org](http://www.twoofus.org)

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