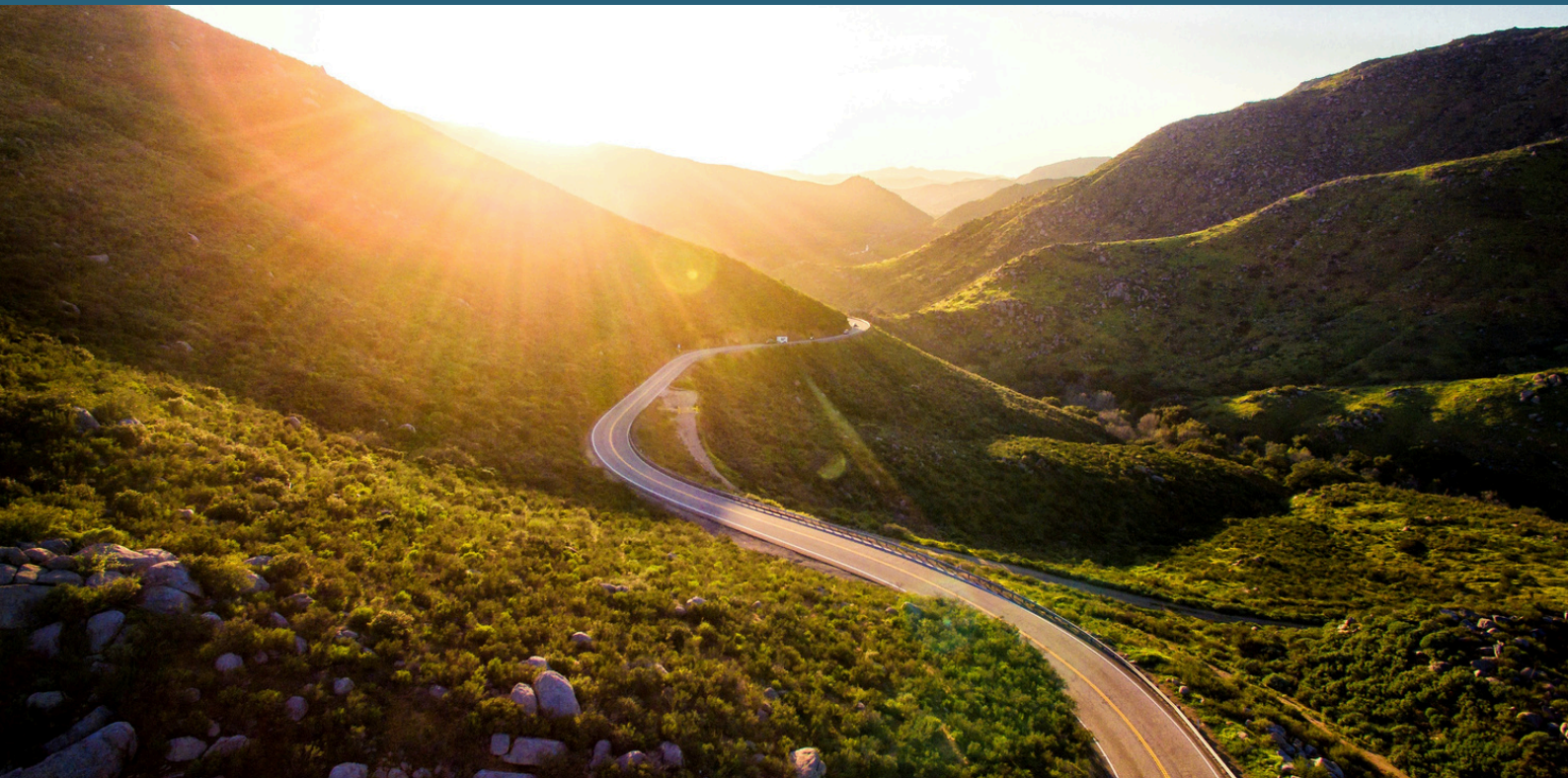


# ESSENTIAL TIPS FOR NAVIGATING DIVORCE WITH KIDS



*A Guide to Focusing on Your Well-Being to Best Show Up for Your Children*

BY CRISTIN TERRI

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# INTRODUCTION



*Dear Parent,*

"In the midst of every crisis,  
lies great opportunity."

— Albert Einstein

Welcome to "Essential Tips for Navigating Divorce with Kids."

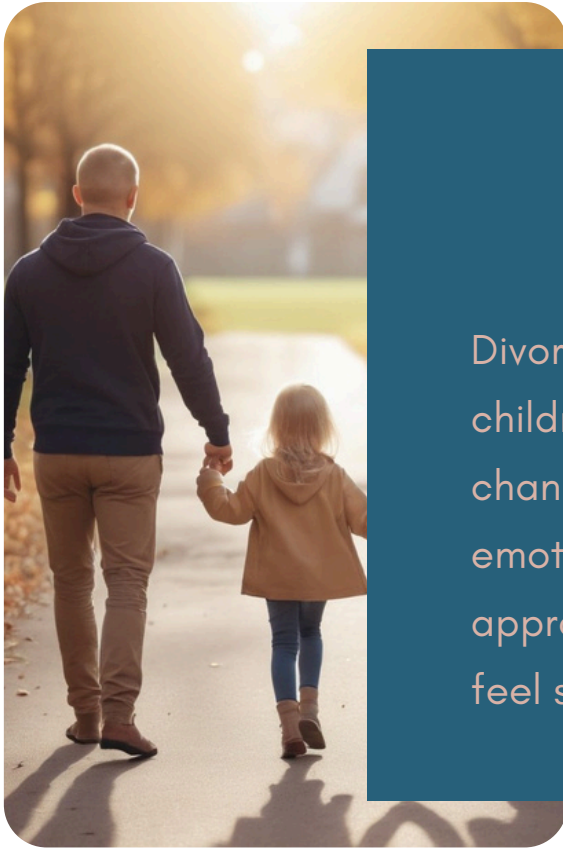
I'm Cristin, a certified divorce coach with a passion for helping parents heal and thrive during and after divorce. As someone who has experienced divorce from both a child's and a parent's perspective, I understand the complexities and emotions involved. This guide aims to provide you with tangible tips and strategies to support you and your children through this transition.

Remember, the best way to show up for your children is to focus on your own well-being. You have the power to control your actions and reactions, set healthy boundaries, and cultivate a positive mindset. Let's begin this journey together.

With love and light,  
Cristin

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# Talking to your kids about divorce.



## *important tip*

Divorce is a significant life event for children. How you communicate this change can greatly impact their emotional well-being. Honest, age-appropriate conversations can help them feel secure and understood.

### **Strategies and Tips:**

#### *1. Plan the Conversation:*

**Timing is Key:** Choose a time when you can give your children your full attention. Avoid moments of high stress or busy schedules. Consider preparing your children in advance by letting them know you need to have an important family discussion, so it doesn't come as a shock.

**Unified Front:** If possible, both parents should be present to convey the message together. This shows unity and assures your children that you will continue to co-parent effectively.

#### *2. Be Honest Yet Age-Appropriate:*

**Young Children (3-6 years):** Keep explanations simple. "Mom and Dad will live in different houses, but we both love you very much." Use clear and straightforward language that they can understand.

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*School-Aged Children (7-12 years): Offer more details but avoid blaming. "We're not happy together anymore, but this isn't your fault." They need reassurance and a basic understanding of the changes.*

*Teenagers (13+ years): Be more detailed. They can understand more complex reasons and need space to ask questions. However, refrain from sharing too much information. "We've decided to separate because we believe it's the best choice for our family's happiness."*

### *3. Reassure and Listen:*

**Emphasize Stability:** Reinforce that while some things will change, your love and support will not. Assure them that they will continue to have a relationship with both parents and that their needs will be taken care of.

**Validate Feelings:** Let them express their emotions and validate their feelings. "It's okay to feel sad, angry, or confused. I'm here to listen." Understand that any reactions—whether it's anger, silence, tears, or questions—are normal. Do not try to lessen their reactions.

**Stick Around:** Don't disappear after the conversation. Stick around for a while to provide comfort and answer any immediate questions. Your presence reassures them of your ongoing support.

### *4. Ongoing Conversations:*

**Check-in Regularly:** Keep the lines of communication open. Ask how they're feeling and address any concerns. "How are you feeling about everything we talked about?" Regular check-ins can help you monitor their emotional well-being and provide additional support as needed.

**Avoid Making Older Children Confidants:** Just because you have older children or teens, don't make them your confidant. They understand more, yes, but it doesn't mean they need to know all the details. It's okay to answer, "I don't know" or "I'm not comfortable sharing this with you right now."

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# Managing your emotions

## *important tip*

Your emotional health directly affects your ability to parent effectively. Prioritizing self-care and emotional resilience helps you remain present and supportive for your children. Remember, taking care of yourself is not a luxury—it's a necessity for being the best parent you can be.



## **Strategies and Tips:**

### *1. Practice Self-Care:*

**Daily Rituals:** Incorporate activities that bring you joy and relaxation into your daily routine. This could be a morning walk, journaling, or a soothing bath. Starting your day with a consistent morning routine sets you up for success and can make a big difference in your overall well-being.

**Morning Routine:** Begin your day with intention. A morning routine could include stretching, a short meditation, a nutritious breakfast, and planning your day. This routine provides structure and a sense of control over your daily life.

**Flexible Self-Care:** Don't beat yourself up on the days when you're too tired or emotional. If you find a gap to have a lay-in, do so. Embrace pajama days with your kids on the weekends—spend unplanned time at home together. Self-care is about flexibility and compassion for yourself.

## *2. Mindfulness and Meditation:*

**Present Moment Focus:** Meditation helps by retraining our minds to focus. It doesn't help to dwell on the past because we cannot change it, nor can we control the future. Bringing ourselves to the present moment is always healthier. Spend a few minutes each day practicing mindfulness or meditation to center yourself. Techniques like deep breathing can help manage stress and anxiety.

**Impact of Thoughts:** What we think, we feel, and what we feel is how we show up in the world. It is impossible to move on and heal by rehashing the past over and over again. Watch what you are thinking, and strive to cultivate a positive mindset.

## *3. Seek Support:*

**Therapy or Coaching:** Consider talking to a therapist or coach who can provide a safe space to process your emotions. Asking for help is not a sign of weakness—it's a sign of strength. We, as humans, are social beings designed for connection. You don't have to do this alone.

**Support Groups:** Join a support group for divorced parents to share experiences and gain insights. Being part of a community can provide emotional relief and practical advice.

## *4. Set Boundaries:*

**Emotional Boundaries:** Protect your emotional well-being by limiting interactions that cause distress. It's okay to distance yourself from negativity. Boundaries help eliminate triggers that lead to emotional distress.

**Time Boundaries:** Allocate specific times for self-care and relaxation, ensuring you don't get overwhelmed. Set boundaries around your time to ensure you have dedicated moments for rest and rejuvenation.

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## 5. Positive Mindset:

**Gratitude Practice:** Start each day by listing three things you're grateful for. This simple practice shifts your focus from negativity to positivity and can transform your outlook on life.

**Affirmations:** Use positive affirmations to reinforce self-worth and resilience. Phrases like "I am strong. I am capable. I am enough." can help reshape your internal dialogue.

**Power of 'I AM':** Be mindful of what follows your 'I AM' statements. These are two of the most powerful words, as they define your identity and reality. Implement a gratitude practice and shift to more positive mindsets to change the way you speak to yourself.

**No One Is Perfect:** Remember, no one is perfect, and we can be our own worst critics. Be kind to yourself and watch what you say and believe about yourself.

### *Example Routine:*

- **Morning:** Wake up and spend 5 minutes in meditation. Follow this with a light stretch or walk.
- **Midday:** Take a break to write down three things you're grateful for. Engage in a brief mindfulness practice if you feel stressed.
- **Evening:** Wind down with a soothing bath or read a book. Reflect on your day and list any positive moments before bed.

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# Establishing Healthy Co-Parenting Dynamics



*important tip*

Effective co-parenting minimizes stress and creates a stable environment for your children, which also brings you peace. It's about cooperation, communication, and keeping your children's best interests at heart. Healthy co-parenting can significantly reduce conflict and help both parents and children adjust to the new family dynamic.

## **Strategies and Tips:**

### *1. Communication:*

**Keep It Business-Like:** Approach co-parenting discussions as you would a business relationship—focus on logistics and stay emotionally neutral. The key is also to learn how to manage your own emotions. Maintaining a business-like approach helps to keep conversations productive and less likely to escalate into conflict.

**Use Technology:** Utilize co-parenting apps to manage schedules and communication efficiently. If poor communication was part of the reason for divorce, you owe it to yourself to learn to communicate in a business and amicable manner. As a healthy co-parent, you can structure a life with less conflict, which was the point of the divorce, right? Find ways to communicate effectively, non-violently, and listen to someone else's needs. Some recommended apps include OurFamilyWizard, Cozi, and TalkingParents.

## *2. Consistency:*

**Unified Rules:** Maintain consistent rules and routines across both households to provide stability for your children. While there will always be differences, which is good for children, try to keep core rules, values, and structures similar where possible. A co-parenting family mission statement can really help here too. This document can outline shared goals and values, providing a unified approach to parenting.

**Regular Updates:** Keep each other informed about significant events or changes in your child's life. This can be through in-person meetups if no conflict will arise, by telephone, email, or a co-parenting app. Find a method that works, and if there is still conflict, take a step back. Regular communication helps to ensure both parents are on the same page and can support their children effectively.

## *3. Conflict Resolution:*

**Stay Child-Focused:** Always prioritize your child's well-being in discussions and decisions. This means setting aside personal grievances and focusing on what is best for your children.

**Mediation:** If conflicts arise, consider mediation to find amicable solutions without escalating tensions. It doesn't matter what the other parent does—if you have the correct boundaries in place and aim to be peaceful, actively heal, and work through the emotions, you will find a peace that cannot be shaken. Mediation provides a neutral ground to resolve disputes constructively.

## *4. Respect Boundaries:*

**Personal Boundaries:** Respect each other's privacy and personal time. Stay true to your word—don't try to spite the other parent by being late or not respecting each other's time. Do what you say you are going to do and stick to it. Your children are watching you and are more aware than you think they are. Consistency in respecting boundaries builds trust and reduces tension.

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Parenting Boundaries: Avoid undermining each other's parenting decisions. Show a united front to your children. Your children are part you and part the other parent. As long as there is no abuse of any form or child neglect, let the other parent parent the way they best can. They need to make their own mistakes, and so do you. Remember, the grace you want for yourself is the grace you need to be willing to offer to the other parent.

*Example Practices:*

- **Joint Decision-Making:** When possible, make significant decisions regarding your children's education, healthcare, and extracurricular activities together. This shows your children that you both are still committed to their well-being.
- **Scheduled Check-Ins:** Set a regular time for brief check-ins to discuss your children's progress and any concerns. This could be a weekly or bi-weekly meeting, preferably in a neutral setting or via a co-parenting app.
- **Respectful Language:** Always use respectful and neutral language when communicating with your co-parent, especially in front of your children. This sets a positive example and reduces the risk of conflict.
- **Parenting Coordination:** If direct communication remains challenging, consider working with a parenting coordinator who can help mediate and facilitate discussions.
- **Boundary Setting:** Clearly define and agree on boundaries related to visitation schedules, holidays, and other important events to avoid misunderstandings and conflicts.

By implementing these strategies, you can establish a healthy co-parenting relationship that benefits everyone involved, especially your children. Healthy co-parenting requires effort, patience, and a commitment to maintaining a peaceful and supportive environment.

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# Creating a Stable Environment



*important tip*

A stable environment provides children with the security they need to thrive despite the changes brought by divorce. Consistency and predictability help them feel safe and supported.

## **Strategies and Tips:**

### *1. Routine:*

**Daily Schedules:** Maintain consistent daily routines to give your children a sense of normalcy. For younger children, put up a family calendar in both homes where the kids can clearly see when they are with Mom and when they are with Dad. Remain flexible where possible, as unexpected events may arise in life. Showing support for each other as parents is important for children to see.

**Transitions:** Prepare your children for transitions between homes with clear plans and communication. Try to have duplicates of essential items so they have less to carry back and forth. This reduces stress and helps them feel settled in each home.

## *2. Home Environment:*

**Safe Space:** Create a welcoming and comforting space in each home where your children feel secure. This is usually their room but can also be a reading corner or a designated area in the garden.

**Personal Touch:** Allow your children to personalize their space with familiar items, like favorite toys or decorations. Let them show the other parent their new space too, if needed. Celebrate the new environment to make it feel like their own.

## *3. Emotional Support:*

**Open Communication:** Encourage your children to express their feelings and provide reassurance. Remember, what this may look like is different for all your children, so plan the setting with intention and sensitivity.

**Quality Time:** Spend quality one-on-one time with each child to strengthen your bond. It doesn't have to be elaborate—a 30-minute stroll around the block can do wonders. Other activities like baking together, getting a milkshake, or playing a game of soccer can also create lasting memories.

## *4. School and Activities:*

**Stay Involved:** Keep up with your children's school activities and maintain open communication with teachers. While there's no need to overshare with the teachers, it's important to mention the family split so they can keep a close eye on how your child is doing at school.

**Extracurricular Activities:** Encourage participation in extracurricular activities to provide a sense of normalcy and social support. Finding ways to create new friendships within the new neighbourhood or through social events can help your child adjust and thrive.

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*Example Practices:*

- *Morning and Bedtime Routines: Establish consistent routines for mornings and bedtime to help children know what to expect each day.*
- *Family Calendar: Use a shared calendar or planner to keep track of visitation schedules, school events, and special occasions. This helps everyone stay organized and reduces confusion.*
- *Transition Bags: Prepare a transition bag with essentials such as clothing, toiletries, and favorite toys to make moving between homes easier for your child.*
- *Personal Space: Allow your child to decorate their room or personal space with their favorite colors, posters, and comfort items. This helps them feel more at home in each environment.*
- *Weekly Check-Ins: Set aside time each week to check in with your child about their feelings, concerns, and experiences. This shows them that their emotions are important and valued.*

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"Children need at least one person who believes in them. It could be you."

— Marian Wright Edelman

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- *Forgiveness and Letting Go:*

- **Personal Growth:** Embrace forgiveness as a tool for personal growth and healing. Letting go of resentment frees you to move forward. What and who do you want to work on forgiving?

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- **Faith and Spirituality:** Draw strength from your faith and spiritual practices to find peace and resilience. What is your pillar of strength? How do you want to honour that daily?

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- *Embracing New Beginnings:*

- **New Opportunities:** Encourage your children to explore new interests and opportunities. Do this by modelling it for them. What new interests do you want to try?

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- **Rebuilding Confidence:** Focus on rebuilding your confidence and self-worth. Celebrate your strengths and accomplishments. What are you proud of?

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"You have within you, right now, everything you need to deal with whatever the world can throw at you."

— Brian Tracy

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## You've Got This!

Navigating divorce is undoubtedly challenging, but with the right tools and mindset, you can create a positive, stable, and loving environment for your children.

Remember to prioritize your well-being, set healthy boundaries, and approach co-parenting with cooperation and respect.

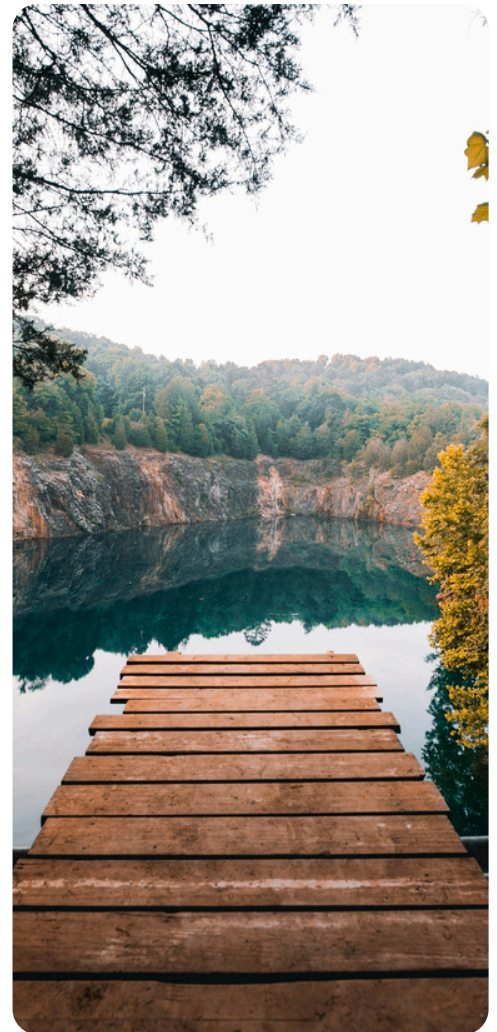
If you're looking for more comprehensive support, consider exploring my detailed guidebook and video course. For personalized attention, I offer one-on-one coaching sessions tailored to your unique journey.

Thank you for allowing me to be part of your journey. Together, we can transform this challenging time into an opportunity for growth and healing.

With love and light,

Cristin

The Divorce and Parenting Coach



## About the Author

*Cristin, The Divorce and Parenting Coach.*

Cristin is a certified divorce coach with a profound understanding of the complexities of divorce and co-parenting. Drawing from her personal journey as both a child of divorce and a parent navigating her own separation, Cristin combines empathy, insight, and a no-nonsense approach to her coaching. With a background in childcare and extensive study in meditation and mindset coaching, Cristin offers a holistic approach to healing and growth.

Cristin's mission is to empower parents to heal, set healthy boundaries, and cultivate a positive mindset to best support their children. She seamlessly integrates practical strategies with emotional support, helping her clients transform their lives. Cristin's unique blend of personal experience, professional expertise, and a light that shines from within makes her a beacon of hope for those navigating the turbulent waters of divorce. Whether through meditation teaching, mindset coaching, or her empathetic guidance, Cristin is dedicated to helping parents build a peaceful, resilient, and fulfilling future for themselves and their children.



*Thank you!*

What is COMING is better  
than what is gone!



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