



ChildPsych™

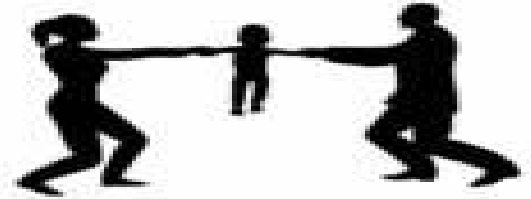
Centre for Children & Adolescence Psychology

The Centre of Excellence for Children & Adolescents Emotional Health Growth

International Psychology Centre®

## How to Help Children Deal with the Negative Emotions of Divorce?

*Are you divorced or thinking of getting divorced or know someone who is? Have you ever wondered how the divorce might have affected your children or the children of the person whom you know?*

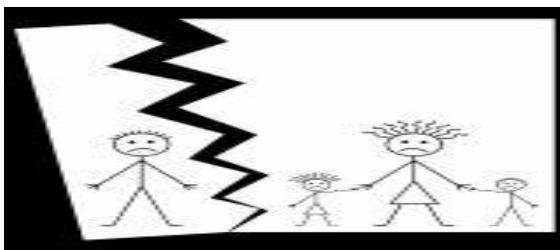


*Divorce brings out a number of emotions in children. Some examples are persistent fears, anxiety about being abandoned, guilt over the divorce, grief and sadness about the occurrence of the divorce.*

### Causes:

- Family relationship conflicts
- Parental influences
- Environmental influences
- Peer influence
- Lack of parental reassurance

*Common symptoms include intense emotional reaction around separation of parental figures such as crying, begging and pleading, marked increased in frequency of acting out and also significant decline in school performance.*



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### How we can help them?

- Child Therapy
- Family Therapy
- Parents Child Relationship Program
- Children Social Skills Classes
- Teachers Students Relationship Program
- Individually tailored programs