



divorce

Parenting Through Differences

This is a supplemental parent-education module that is designed to provide support to parents who are considering or experiencing divorce and explores the various factors that could play a part in that decision.

Parenting during a divorce presents unique challenges as parents navigate their own emotions while providing support to their children. Children of different ages experience divorce in different ways, and they may display a wide range of reactions throughout the divorce process. Parents need to be consistent yet adaptable to their children's ongoing and changing needs during the divorce and throughout their children's development.

Parental decisions, behaviors, and responsiveness can positively influence how children experience their parents' divorce and their ability to navigate and overcome challenges. This module presents information that parents and caregivers can use to help them understand how children's lives may be impacted by their parents' decision to divorce and how parents, coparents, and other caregivers can help support their children during this transition.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs – *Take Root, Sprout, Grow, Branch Out* – so, it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.



In this module, you will learn how to do the following:



Explore your own emotional readiness for divorce and the factors that may lead you toward reconciling or moving forward with a divorce.



Understand how divorce can disrupt the family system and how divorce can impact you and your child(ren).



Recognize the importance of and strategies for incorporating self-care practices and stress-management skills into your daily life.



Build circles of support to help you and your child(ren) maintain well-being as the family navigates the divorce process.



Learn strategies for how you and other caregivers can help your child(ren) express their emotions and cope with change.



Understand how children of different ages may respond to divorce, and learn strategies you can use to support them.



Identify steps you can take to promote your child(ren)'s well-being during and after divorce, such as limiting their exposure to parental conflict.



Consider how your decisions and the decisions of your coparent can impact your child(ren).

For more information about this supplemental module, visit:

<https://thrive.psu.edu/modules/supplemental>