



Divorce Do's and Don'ts

DO:

- ♥ **Accept change in your family**
- ♥ **Act your age – Be yourself**
- ♥ **Help with chores**
- ♥ **Ask questions**
- ♥ **Tell your Mom and Dad you love them**
- ♥ **Talk about your feelings**
- ♥ _____
- ♥ _____



DON'T:

- ◆ **Try to get your parents back together again**
- ◆ **Try to be an adult or act like a child**
- ◆ **Try to be perfect and do all of your parents' jobs**
- ◆ **Swallow your feelings or keep them inside**
- ◆ **Take sides and think that one parent is bad, while the other is good**
- ◆ **Think that divorce is your fault**
- ◆ _____
- ◆ _____