



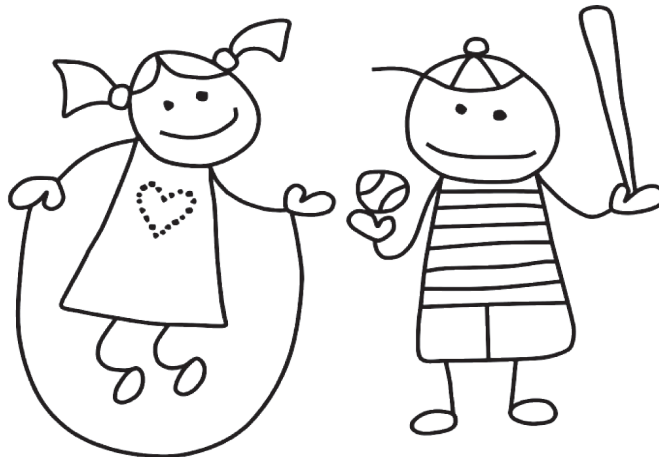
**THE
INTELLIGENT
DIVORCE**

Mark Banschick, MD

www.theintelligentdivorce.com

A CHILD'S BILL OF RIGHTS

1. DON'T ASK ME TO CHOOSE SIDES.
2. SPARE ME THE DETAILS OF YOUR LEGAL PROCEEDINGS.
3. DON'T CONFIDE IN ME OR LEAN ON ME. IT'S TOO MUCH.
4. GIVE ME PRIVACY ON THE PHONE WITH MY OTHER PARENT.
5. DON'T CROSS-EXAMINE ME AFTERWARD.
6. I AM NOT YOUR MESSENGER.
7. DON'T EVER ASK ME TO LIE TO EITHER PARENT.
8. LISTEN TO ME WHEN I HAVE SOMETHING TO SAY.
9. NO GUILT TRIPS, NO MATTER WHAT.
10. DON'T SPOIL ME, EVEN IF YOU DO FEEL GUILTY.



Telling Your Kids

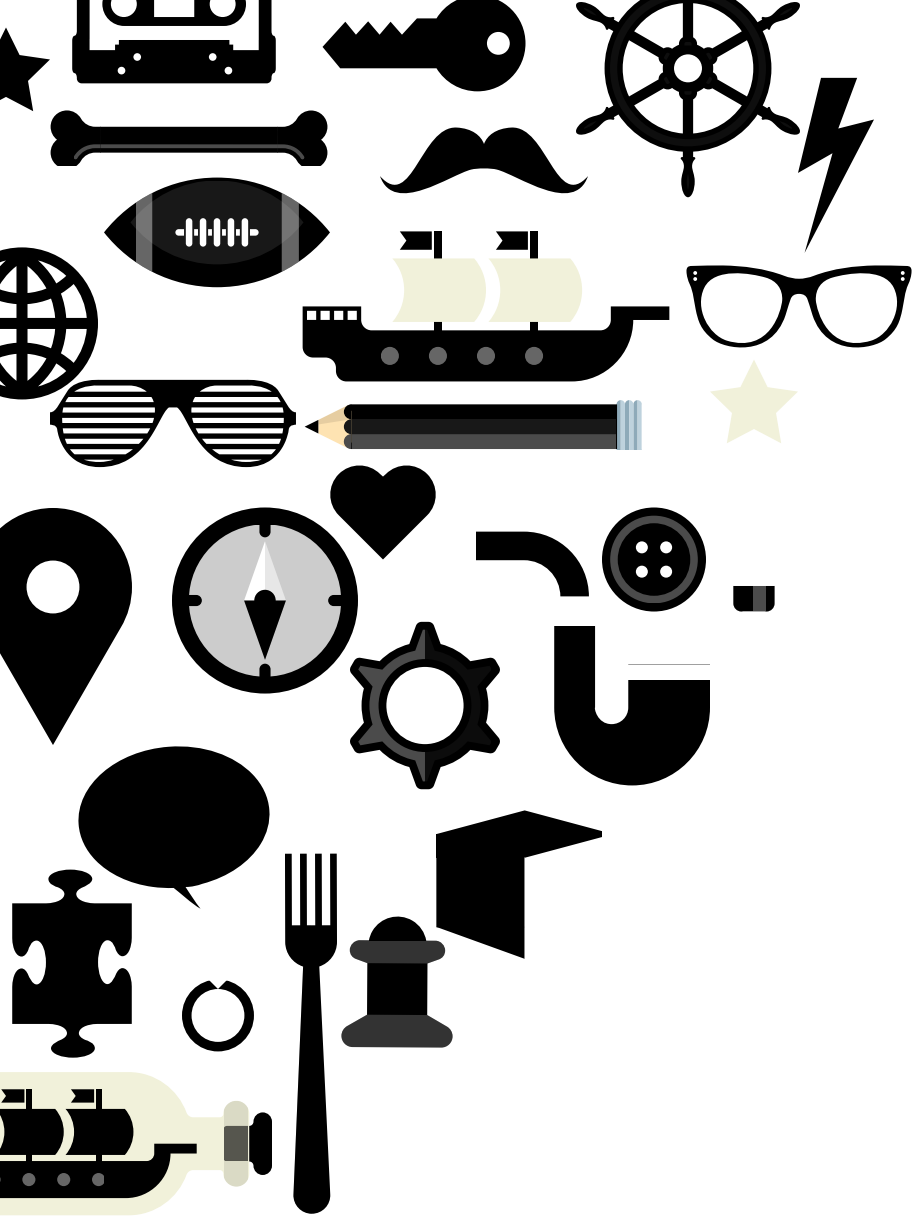
DOS

- 1 Make it totally clear that the divorce is not their fault.
- 2 Keep confidants (friends and family) to a minimum during this process.
- 3 Do this together with your spouse (if possible).
- 4 Plan ahead for what you want to say.
- 5 Provide as much practical information as possible.
- 6 Control your feelings and stay on top of things.
- 7 Let your children ask questions.
- 8 Remind them that life will eventually get better.
- 9 Be hopeful and positive.
- 10 Be the adult. Let your kids be kids



DONTS

- 1 Don't drag your feet in telling your children.
- 2 Don't let anyone else announce the news.
- 3 Don't play the blame game (there's probably plenty to go around).
- 4 Don't air your dirty laundry in front of your kids.
- 5 Don't let your emotions get the best of you.
- 6 Don't reveal more than is appropriate.
- 7 Don't lie. It will always catch up to you later.
- 8 Don't force your children to choose sides.
- 9 Don't forget to remind them that your divorce is not their fault.
- 10 Don't improvise. You have one chance to get it right.



Charting Your **CHILD'S BEHAVIOR**

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These behavioral charts demonstrate some of the adverse effects of divorce on children. However, most parents won't experience such extreme reactions. Regardless, during a divorce, a positive approach to parenting is more crucial than ever. It starts with seeing things clearly. With a little effort and consistent care, a majority of kids can overcome most of these problems and grow up normally. That being said, intelligent parents will be on the lookout for irregular behavior in their children because they understand how stressful divorce can be for all members of the family.

The age-appropriate charts on the next few pages can assist you in monitoring your child's behavior and help you decide whether any of their struggles merit closer attention.

Chart your child's behavior from 0 to 3 in relation to how often he/she exhibits these behaviors after the divorce is announced. Use this chart (and feel free to copy it) to create an informal assessment of your children and bring it to your pediatrician (or therapist) for review.

0 - Does Not Exhibit the Behavior

1 - Infrequently

2 - Sometimes

3 - Frequently

• Name of Child: _____

• Age: _____

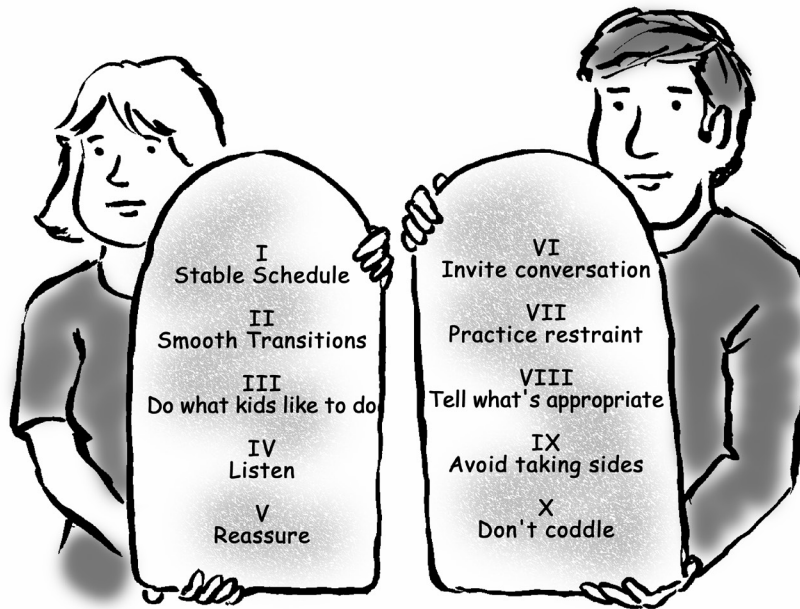
Adolescent/Teenager Ages 13 to 19

Symptoms	Time after divorce has been announced						
	Before Divorce	Immediately after	One Week	One Month	Three Months	Six Months	One Year
Difficulty sleeping							
Oversleeping							
Sadness							
Depressed mood							
Irritability							
Physical complaints							
Suicidal thoughts							
Cutting; Self-harm							
Attempted suicide							
Change in appetite							
Anxiety attacks							
Worries excessively							
Lack of need for sleep							
Pressured speech							
Takes too many risks							
Racing thoughts							
Grandiose thinking							
Strange thoughts							
Often interrupts							
Loses things							
Lack of organization							
Fidgets with							

Adolescent/Teenager Ages 13 to 19

Symptoms	Time after divorce has been announced						
	Before Divorce	Immediately after	One Week	One Month	Three Months	Six Months	One Year
Disrupts class regularly							
Impatient							
Poor attention span							
School avoidant							
Drug use							
Alcohol use							
Avoids Challenges							
Deterioration is school work							
Hears voices							
Change in friends							
Isolates							
Lies							
Bullies others							
Regular physical fights							
Breaking and entering							
Ignores curfew							
Runs away from home							
Truant from school							
Loses temper							
Non-compliance with rules							
Oppositional behavior							
Resentful and blaming							
Unhealthy sexual behaviors							

The 10 Commandments for good parenting



The Difficult Ex - Common Character Types

1. The Archeologist
2. The Denier/Pleaser
3. The Melancholic
4. The Victim
5. The Addict
6. The Adolescent
7. The Narcissist
8. The Avenger
9. The Control Freak
10. The Paranoid

*Learn what
you need to
know to
keep kids
healthy and
safe during
a divorce.*



Parents, therapists, clergy and concerned family members
can visit **www.theintelligentdivorce.com**
for a FREE COPY of the Intelligent Divorce Primer E-Book.

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