



## A Guide to Trick-or-Treating for Divorced Parents



Halloween is often a special holiday for children who enjoy the fun of dressing up in costumes and, of course - free candy! For divorced or separated parents, however, there are a lot more tricks to celebrating Halloween. The right plan is different for each family, but it should keep your kids as the priority.

Just as you and your co-parent navigate your way through other events, there is a way to celebrate this spooky time of year effectively, so your children can have a fun experience.

Kids In The Middle CEO, Meredith Friedman, stopped by FOX 2 to talk with Margie Ellisor about how divorced parents can both celebrate Halloween with their children.

[WATCH THE VIDEO](#)

## Meet Morgan Mahaffey

KITM welcomed Morgan Mahaffey, a Maryland native, to the clinical team in July 2018. Whether its kids, families or adults, Morgan enjoys building professional relationships with her clients. "It's a privilege to be invited into their lives to help them process through things, build coping skills and offer some hope," says Morgan. "I also love the staff that I get to work with each day," she adds. Morgan has a passion for animals and coffee! She also loves Mexican food and mysteries.



## Raising a Healthy Child After Divorce

Although divorce can be stressful for the entire family, children, in particular, may struggle with feelings of abandonment, stress, sadness and anger. By fostering a positive environment for your child, you can raise a healthy child of divorced parents.

**Don't Blame.** Children often play the blame game when coping with their parents' divorce. Your child may feel they are to blame. It's important for the children to understand that marriage issues are about the parents, not the children.

**Listen Actively.** Your child will experience a variety of emotions during the separation and divorce. Be available to listen, and allow them to express their emotions. Reassure them that their feelings are normal.

**Reaffirm Your Love.** When parents divorce, children may think that because their parents stopped loving each other they will stop loving their children. It's important that you tell your child often that you love them.

**Be Consistent.** Structure and consistency are key when the household seems in disarray during a divorce. If appropriate for your family situation, set up a regular visitation schedule so that children feel secure and reassured that they will see both parents on a regular basis. Also, do your best to keep your child in the same activities as before the divorce.

**Stay in Contact.** Even if one parent lives far away from the child, it's important



to communicate regularly with children during and after the divorce to maintain a healthy relationship.

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