



Happy Holidays!

We will be closed Saturday, December 22nd
through Tuesday, January 1st

Our office will reopen Wednesday, January 2nd.



Helping Your Children Adjust to Divorce



It is hard to imagine a more difficult transition for a child than to be a party to his or her parents' divorce. How they react depends on their age, personality and the circumstances of the separation and divorce. The most important things that both parents can do to help kids through this difficult time are:

- Whenever possible, speak positively about your co-parent to your children and avoid critical remarks about them.
- Keep visible conflict, heated discussion and legal talk away from the kids.
- Try to agree on child rearing issues such as discipline, bedtime, routines, etc.
- Minimize the disruptions to kids' daily routines as much as possible.
- Let children know about changes in an age-appropriate way and be open to discussing their feelings.
- Both parents should express love for and approval of their children and should be receptive to their children expressing love for both parents.

Meet Stephanie Dunn



Stephanie joined the clinical team at Kids In The Middle in September 2018. Stephanie says that working at KITM is very rewarding. "I enjoy helping my clients along their journey to healing and witnessing their inner strength," says Stephanie. She also is grateful for the supportive and empowering clinical staff. When not at KITM, Stephanie likes spending time with friends, playing games and being with her dog. Her favorite place to travel is anywhere that is warm with a beach!

Self-Care Tips for Parents



Children can sense their parent's emotions, which can heighten their anxiety. Remember to take care of yourself throughout the process so you can be the best mom or dad for your children.

Take care of yourself by:

- Eating a healthy, well-balanced diet
- Maintaining a normal routine
- Exercising regularly
- Taking a break when stress becomes too much by doing something you enjoy. For example, read a good book, get a massage, go out with friends or listen to music
- Find support from family members, friends, counselors, clergy or another trusted individual. Having someone to share your burdens and concerns with can make things more manageable and easier to bear.
- Do not isolate yourself. Stay connected to people and activities you enjoy. Consider setting time aside each week where you engage in an activity you find pleasurable.
- Stay active by getting out of the house, volunteering or helping others.
- Be aware of your feelings. When stress becomes too much to handle by yourself, do not be afraid to ask for help.

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www.kidsinthemiddle.org

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