



## Sports and Extracurriculars - It Takes Teamwork



The Fall season brings the start of the school year and the start of many sports seasons and extracurricular activities. The question becomes how do you navigate staying an active parent in your children's extracurricular activities after divorce?

**Try teamwork!** Extend an invitation to the other parent to attend any games that happen while you have timesharing and ask for the same courtesy. **It's important for children to feel supported by both of their parents.**

Also, consider sitting together in the stands or on the sidelines if you are able to keep disagreements from interrupting game day. It's comforting for children to see that they are your priority and you want to celebrate their hard work together. **It's okay to set boundaries around conversation topics or non-family guests in the beginning.**

Sports are great for children by helping them build a sense of self-worth, accomplishment, group acceptance, and teamwork. Having parents witness and support their efforts only increases these benefits.

## MEET JOSH LOZANO

Josh Lozano joined KITM as an intern in May 2017 before becoming a therapist in January 2018. Josh likes working at KITM because he can help children and families during this difficult time. He hopes he can make a difference, whether small or large, in each of his client's lives. When not at the Agency, Josh loves playing board games, spending time with his wife and kids and reading fantasy and mystery books!



### Helping Your Child Cope With Divorce

For kids, divorce can feel like a loss: the loss of a parent, the loss of the life they know, their family home, etc. You can help your children adjust by supporting their feelings, whatever those may be.

**Create a safe environment** for your child to share their feelings, and really listen to them. Help them find words for their feelings and encourage them to talk openly.

**Acknowledge their feelings without judgment.** Children may be hesitant to share their opinions for fear of hurting you, but let them know that what they are feeling is okay.

**Don't let them blame themselves or their siblings.** Many children believe that they had something to do with the divorce. Clear up any misunderstandings swiftly to help your kids let go of responsibility.

Above all, **reinforce that you are still a family**, even if you live in two homes, no matter what. To them, you are merely mom and dad.

Children have a remarkable ability to recover when given the support they need. Your words, actions and reassurances of your unwavering love and support are vital.



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