

## Ages & Stages: Reactions of a Child

There are a number of important factors that affect how your children will react to divorce. Kids In The Middle describes some reaction by age below. Remember, it can take two or more years for children to adjust to their parents' divorce.

### Preschool Children:

- May believe they caused the divorce
- May have an intense fear of being left alone or abandoned
- May show regress to baby-like behaviors
- May act disobedient although they want the security of an adult being near
- May give confusing, disorganized information because they have difficulty with transitioning



### School-Age Children:

- May be old enough to understand they're in pain, but too young to know how to control their reactions to this pain
- May experience grief, embarrassment, resentment, rejection, divided loyalty and intense anger
- Often hope their parents will get back together
- May blame themselves
- May feel the need to please both parents or have shifting loyalty conflicts between parents

[Click Here For All Age Groups](#)



### Meet Jackie Preece, MA, LPC

Kids In The Middle welcomed Jackie to the team in March 2017. Jackie loves being able to help the entire family at KITM. Jackie previously worked at Compass Counseling in Springfield, MO. In her spare time, she enjoys movie marathons with her husband, Sam, and dog, Neville. She also loves to travel and says that Kenya is her favorite place she has visited so far.

## Rainy Day Activities

It's Springtime, and there's nothing more our children love than playing outside. Unfortunately, there's one threat that can ruin any plans you've made to have a quality day outdoors with your children, and it's rainy days. Here are a couple of indoor activities for a rainy day:

### Noodle Sunflowers

Here's what you'll need:

- Rotini noodles
- Yellow & brown paint



- Green pipe cleaners
- Glue

#### Instructions:

- Start by pouring some rotini noodles onto a paper plate and have the kids paint them yellow.
- While those dry, have the kids dip their finger into brown paint and make a circle for the middle of the sunflower. Once all are dry, glue the noodles around the flower. Add some pipe cleaners for the stem/leaf and you're done!

### Paper Plate Ring Toss

Here's what you'll need:

- Paper plates
- Paint
- Scissors
- Long cardboard tube (from cling wrap, paper towel, etc.)
- Tape

Instructions:

- Cut the center from paper plates to use as your 'rings.' If they aren't heavy enough layer the paper plates.
- To make the stand, cut slits in the bottom of the cardboard tube and flattened the ends and then tape it to the reverse side of the plate so it will stand up.
- You are now ready to play ring toss!



### Follow Kids In The Middle on Social Media



[www.kidsinthemiddle.org](http://www.kidsinthemiddle.org)



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