



The Unselfish Divorce: A Short Guide for Parents

Felicia Spaulding

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The pain, anger and despair many parents experience during and after a divorce often has a negative impact on their ability to parent effectively. When divorced parents become consumed by those feelings, they behave in ways that are harmful to their children's emotional well-being. This book briefly describes seven principles for parents to practice which will help their children recover from the devastation of divorce. Parents are encouraged to: 1) speak kind words, 2) stick to the facts, rather than opinions, 3) improve their ability to listen and pay attention, 4) take responsibility for their actions, 5) pursue and maintain peace, 6) enjoy the time spent with their children and 7) be willing to forgive.

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