

Letters to the editor

CHILDREN OF DIVORCED PARENTS



The holidays are typically a time when families come together, but for divorced parents, it is typically a time when they must share their children. Divorced parents have to face the stressful and painful reality of not spending every holiday with their children. Here are a few tips to make the holidays a "win-win-win" — for you, your former spouse and your children.

Make the best of your time with your children. Just because you might not have the exact date or amount of time that you wanted with them doesn't make the time with your children any less special.

Support your children and encourage them to enjoy the time they spend with your former spouse. It can be difficult for a child to understand why their parents are not together

for the holidays. Your encouragement can help to counteract any guilt they may feel for not being with you.

Do not ridicule or belittle your former spouse or their family in front of your children. The healthier the relationship is between the parents, the happier your children will be.

In the end, working together with your former spouse to do what is best for your children can help to ensure that everyone has a happy holiday season.

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