

Dating after divorce

If you're a divorced parent with kids, you may be wondering how to handle future relationships. Kids often need some time to adjust to their parents' separation.



IF YOU'RE READY TO BEGIN A NEW ROMANTIC RELATIONSHIP AFTER A DIVORCE, KEEP THESE TIPS IN MIND:

- Consider waiting at least six months to help kids adjust to the divorce.
- Your child doesn't need to meet everyone you date. Introduce them only if your relationship is becoming serious.
- Prepare for the first meeting with your significant other and child. Don't expect the first meeting to be perfect.
- Help your child deal with negative feelings. Children often hold out hope that their parents will get back together. Seeing a new significant other in your life can be difficult for them. Be sure to tell them that you and your ex-spouse are not getting back together, but that you still love them and will be their parents no matter what.
- Understand if your child simply doesn't like your new partner as much as their other parent. This is normal. With time, your child may develop their own special relationship with this person.
- Don't ask them to keep secrets from their other parent. If you are dating, you may need to tell your ex-spouse about the person in case your child brings it up with them. Your child should not feel uncomfortable when they talk about it with your ex-spouse.
- Remember that your child is always watching. Be cautious about your behavior in front of your child, whether it's public affection or things you say.

Source: American Academy of Pediatrics