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Five Effects of Divorce on Children ¹

Kate Fogarty²

Research on noncustodial fathers finds they often feel left out because they miss out on the everyday, regular events in their children's lives (Clark & McKenry, 1997). Ideally, joint custody is the best arrangement for parents who separate or divorce (Seltzer, 1998). However, the majority of custody agreements limit the opportunities for noncustodial parents to spend quality time with their children (Lamb, 2002).

Michael Lamb, a known scholar on fatherhood, notes five factors that influence how parental divorce affects children. One is the degree of involvement and relationship quality between children and their residential parent. It's important for children to receive emotional support from the parent they see the most. Second is how involved noncustodial parents are with their children, both before and after divorce. As a noncustodial parent, making every effort to stay positively involved in a child's life is important and well worth the trouble. Third, the amount of conflict between parents determines the child's reactions to a divorce. Likewise, conflict between parents and their children may also increase as a result of divorce. Last, changes in amount of monetary and educational resources the child has available also influence how well children adjust to a divorce (Lamb, 2002).

Parents who are aware of these factors and how they can respond to them can have a significant impact on their children's adjustment to divorce.

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http://www.radiosource.net/radio_stories/5.mp3

http://www.radiosource.net/radio_stories/5.wav

References

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