

Helping children cope with divorce

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Abstract

Divorce involves a number of stressors that challenge children's development. However, the majority of local research on divorce focuses on public perceptions towards divorce, profile studies of single-parent families, and risk factors for marital dissolution. This research examines the stressors and resources of families preceding and following divorce, to understand how families, especially children, cope with disruptive changes in the family as a result of divorce. It aims to understand factors affecting children's adjustment to divorces, including stressors that they face and the resources that they draw on, at the individual, inter-parental, parent-child, family, and wider community levels. It also seeks practice implications for practitioners working with families undergoing divorce, to build resilience for optimal child adjustment. Phase 1 of the research includes quantitative analysis of administrative data from CFH casefiles, and phase 2 includes qualitative analysis of broad themes emerging from structured face-to-face interviews with former clients.

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