

Dealing With Discontent Children

A GUIDE TO DEALING WITH CHILDREN IN A DIVORCE



Unhappy Discontent Children

BY DMR

Children going through a divorce may experience emotional trauma in various ways. In this case, the discontent child who refuses to engage with a parent or both parents is discussed.

Children should not be forced to engage at whatever cost when a child rejects a parent. Parents that are concerned of their children's well-being will set aside the combative or positional stance to obligate the child or the legal system to force the child to engage.

The consequences to this approach can be negative and proceed into the future.

Parents and therapist must understand a child is allowed to have his own feelings.

However, there are better methods to introduce a new lifestyle or a different relationship to a discontent child.

Therapist should have an open approach to each case. Example:

A combative or a parent submitting the child to a relationship, should consider to engage slowly and with enough time for the child to prepare and adjust.

- During the meeting the parent should engage the child by stating he or she has missed him or her.
- The therapist should engage by asking the parent why he or she has missed the child. Allowing the parent to provide details.
- The child should be the active listener to the details..
- visitations or sessions should be spaced appropriately.

This is what we call breaking the ice.

This gives the opportunity for the other parent in care of the child to prepare the child in advance for the meeting. Slowing introducing the planned meeting.

Forcing Children Is not A Good Idea.

BY DMR

Children must understand that they have two parents and it is in their best interest to establish a relationship with both.

However, when a child is conflict with a parent he or she should have an opportunity to disclose a method or a solution.

A child must be heard before making forceful decisions.

If the child comes up with a solution, the parent should also disclose what he or she would like to see happen.

The therapist should meet half way to negotiate both positions and the therapist should explain why. This will allow the child and the parent understand that neither have authority rather it is suggested by the therapist based on their preferences.



Children should be encouraged and not forced. Parents should have patience and not demands.

Parents often fail to understand a child is not an extension of them rather an individual with his and her own characteristics, traits, and ideas. Parents have their own characteristics, traits, and ideas. However, when dealing with a child, adults hold a responsibility to guide and teach their children. Forcing a child to a parents standards and expectations teaches a child that they have no voice and shapes their perception to animosity and anger, such as the parent is exhibiting. Humans are affected by the environment and programmed by life experiences.

Therefore, there should be a clear understanding that both have wishes and both should participate in the blending of both desires, needs, or expectations.

Therapist should participate in assisting in the negotiation process and providing and input when needed to establish a fair transition.

