

A HANDOUT FOR YOUR CLIENT

Helping Fathers Stay Connected During Divorce

Many fathers believe the greatest danger during divorce is losing time with their children. Often the earlier danger is losing confidence in themselves as fathers.

When guilt, anger, or conflict become overwhelming, fathers may unintentionally withdraw. Children often experience that withdrawal as distance rather than love.

Children rarely remember perfect conversations. They remember who kept showing up.

- Continue routines
- Keep promises
- Ask questions
- Listen without rushing to fix everything
- Keep children out of adult conflict
- Never ask them to choose between parents

Presence, repeated over time, is what makes a child feel secure.

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