



CHRISTMAS TIPS

for Handling the Holidays after a Divorce

A divorce is a uniquely life-changing event for all involved. But this goes double for the children — especially if they're young. And the first holiday season post-separation can be quite difficult. So handling the holidays after a divorce can take some extra thought and effort.

It's All About the Kids

First and foremost, remember that it's all about the kids. No matter how you and your ex-spouse feel about each other, you both love your children, and they need to understand this. This means that you need to keep any negative feelings towards your ex to yourself. One of the worst things that can happen in a divorce is when the parents consciously or subconsciously try to use the children as weapons against each other by trying to turn them against the other parent through negative language.

Don't Overcompensate

There is also a temptation to overcompensate for a divorce by “buying their love” at holiday time. Trying to outdo the other parent by purchasing more or higher priced presents won't make your children love you any more; it will only confuse them and inflate your credit card bill. Instead, try to connect with your kids in a way that will create memories that will outlast any toy or video game. For some simple and fun ways to connect with your kids during the holidays, [check out these five simple tips](#).

Relax!

And try to relax. The holiday season can be demanding enough as it is; as a recently divorced single parent, it can be even more difficult. So if the holidays are getting you stressed, [try some simple relaxation techniques](#) to calm you down.

If you remember these two things — **focusing on your kids and trying to reduce stress** — you'll find that the holidays can be a happy and joyful time for all... which is what they're supposed to be in the first place, regardless of your marital situation.