

Difficulties encountered

Here are some of the difficulties children encounter on divorce. It is worth remembering that counselling can help children to cope and to overcome these difficulties.

Emotional difficulties	Symptoms will depend on age but may include anxiety, grief and depression, self-blame, anger as well as overly adult "too good" behaviour (ie, a change to being compliant, too quiet, too helpful and too watchful of what parents want them to do and say).
Social difficulties	Isolation and withdrawal from others, increased aggression and destructiveness (especially boys), sexual "acting out".
Educational difficulties	Decrease in academic performance, poor concentration, increased aggression in school, changes in ability to communicate with teachers and/or peers, withdrawal from others.
Health problems	Emotional stress can sometimes be expressed as a physical illness. If a child already has a chronic illness, the difficulties experienced with a complaint may increase.