Protective Factors Mitigating Effects of Divorce\*

How to build resilience/create a supportive environment:

* **Strong** bond and **regular** contact with a **healthy** adult
  + **Example:** Relatives, mentor, or community person
* **Terminate/minimize** interaction with **negative/harmful/criminal** element
  + **Example:** Create legal/psychological boundaries
* Maximize commonality of **parenting ground rules**
  + **Example:** Document agreement including privileges, chores, etc.
* **Developmentally appropriate** movement and scheduling between homes
  + **Example:** Decisions based on bonding and need of predictability
* Role model **healthy relationship**
  + **Example:** Especially with spouse and/ or new partners
* Facilitate **emotional regulation** skills development
  + **Example:** Ensure child coping skills resources are available

\*Handout initially presented at the 2015 Annual Sedona Arizona Association of Family and Conciliation Courts Panel on “Malignant Divorce”.