



### **Toolkit for Divorcing with Dignity**

#### **Reflection Activity #3: Reflecting on new role of being a single parent**

For parents who make the decision to divorce, the thought of becoming a single parent can seem incredibly overwhelming. Consider the following prompts to reflect on during this time:

1. How involved will my ex-spouse be in my child's life?
2. How might my ex-spouse co-parent, and is this something we can have a conversation about before legal arrangements are made? Depending on your situation, you may not be comfortable with or able to have a sit-down conversation with your ex-spouse about parenting, but it could be helpful to consider how each of your roles as parents will evolve during and after your divorce.
3. What supports do I have to help me through this time? Consider family members or friends that you can call on for help during this time of transition.
4. How might I want to address this transition with my child?
5. Will my financial situation change with this transition, and if so, how might this affect my child? In what ways can I prepare my child for these changes?
6. How will I take care of myself as I embrace this new role? For additional details, see Reflection Activity #2: Reflecting on Self-Care.

© Guilford County Healthy Relationships Initiative 2017

[www.hriguilford.com](http://www.hriguilford.com)