

Divorce

URL of this page: <http://www.nlm.nih.gov/medlineplus/divorce.html>

Divorce is the legal breakup of a marriage. Like every major life change, divorce is stressful. It affects finances, living arrangements, household jobs, schedules, and more. If the family includes children, they may be deeply affected.

Overviews

- Healthy Divorce: How to Make Your Split as Smooth as Possible [<http://www.apa.org/helpcenter/healthy-divorce.aspx>] (American Psychological Association)
- Helping Your Child through a Divorce [http://kidshealth.org/parent/positive/talk/help_child_divorce.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/parent/en_espanol/emociones/help_child_divorce_esp.html]

Coping

- Children and Divorce: Helping Kids Cope with a Breakup [<http://www.mayoclinic.com/health/divorce/HO00055/METHOD=print>] (Mayo Foundation for Medical Education and Research)
- Divorce Matters: Coping with Stress and Change [<http://www.extension.iastate.edu/Publications/PM1637.pdf>] (Iowa State University, University Extension) - PDF
- Managing Conflict during Divorce [http://www.aamft.org/imis15/Content/Consumer_Updates/Managing_Conflict_During_Divorce.aspx.aspx] (American Association for Marriage and Family Therapy)

Related Issues

- Divorce Matters: Visitation Dos and Don'ts [<http://www.extension.iastate.edu/Publications/PM1641.pdf>] (Iowa State University, University Extension) - PDF
- Marriage Counseling [<http://www.mayoclinic.com/health/marriage-counseling/MY00839/METHOD=print>] (Mayo Foundation for Medical Education and Research)
- Tips for Divorcing Parents [<http://kidshealth.org/parent/positive/talk/divorce.html>] (Nemours Foundation)

Financial Issues

- Divorce Matters: Managing Income and Expenses [<http://www.extension.iastate.edu/Publications/PM1720.pdf>] (Iowa State University, University Extension) - PDF

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Divorce the most common reason for surrendering dogs to breed... [<http://www.ncbi.nlm.nih.gov/pubmed/23355708?tool=MedlinePlus>]
- Article: Children's attachment-related self-worth: a multi-method investigation of postdivorce preschoolers' relationships... [<http://www.ncbi.nlm.nih.gov/pubmed/23216391?tool=MedlinePlus>]
- Article: Professional health care use and subjective unmet need for social... [<http://www.ncbi.nlm.nih.gov/pubmed/23173927?tool=MedlinePlus>]
- Divorce – see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=divorce\[majr\]+AND+humans\[mh\]+AND+english\[la\]+NOT+\(letter\[pt\]+OR+editorial\[pt\]+OR+case+reports\[pt\]\)+AND+%22last+1+Year%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=divorce[majr]+AND+humans[mh]+AND+english[la]+NOT+(letter[pt]+OR+editorial[pt]+OR+case+reports[pt])+AND+%22last+1+Year%22[edat]&tool=MedlinePlus)]

Organizations

- American Association for Marriage and Family Therapy [<http://www.aamft.org/>]

Statistics

- National Marriage and Divorce Rate Trends [http://www.cdc.gov/nchs/nvss/marriage_divorce_tables.htm] (Centers for Disease Control and Prevention)

Children

- Children and Divorce [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Children_and_Divorce_01.aspx] (American Academy of Child and Adolescent Psychiatry)
Also available in Spanish [http://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families_Pages/Spanish/Lo_s_Ninos_y_el_Divorcio_01.aspx]
- Kid's Guide to Divorce [http://kidshealth.org/kid/feeling/home_family/divorce.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/divorce_esp.html]
- Living with a Single Parent [http://kidshealth.org/kid/feeling/home_family/single_parents.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/single_parents_esp.html]
- When Your Parents Fight [http://kidshealth.org/kid/feeling/home_family/parents_fight.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/kid/en_espanol/sentimientos/parents_fight_esp.html]

Teenagers

- Dealing with Divorce [http://kidshealth.org/teen/your_mind/families/divorce.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/divorce_esp.html]
- When Parents Argue [http://kidshealth.org/teen/your_mind/families/parents_fight.html] (Nemours Foundation)
Also available in Spanish [http://kidshealth.org/teen/en_espanol/mente/parents_fight_esp.html]

You may also be interested in these related MedlinePlus topics:

- Family Issues [<http://www.nlm.nih.gov/medlineplus/familyissues.html>]
- Social/Family Issues [<http://www.nlm.nih.gov/medlineplus/socialfamilyissues.html>]

Date last updated: 5 July 2013

Topic last reviewed: 5 July 2013