

## When Staying Together for the Kids Isn't Best

Have you thought of staying together in your marriage because it is best for your children? If you are raising kids in a hateful, stressful or abusive environment, consider the facts.

Research shows that kids who grow up in an emotionally barren, abusive environment don't do as well as kids who grow up with one well-adjusted, single parent.

Of course, working on your marriage and improving it is optimal.

- More than 75 percent of children with divorced parents fare well. 10 per cent developed some kind of psychological, emotional, or academic problem, compared to 10 percent of the non-divorced group."

*From "For Better or Worse: Divorce Reconsidered" by E. Mavis Hetherington, Ph.D., and John Kelly.*

- In another study, in which 59 divorced families were interviewed for over 25 years, it was found that almost all children of divorce grow up with fears about being able to sustain a happy relationship. Therapy and supportive spouses can help but according to the study, "growing into adulthood was definitely harder for them."

*From "The Unexpected Legacy of Divorce" by Judith Wallerstein, Ph.D.*