



## Children & Affairs (After the Affair Book 4)

*Jeff Murrah*

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As a parents, a heart-wrenching concern, even more than for yourself, is for your children. How will this affair affect your children? What can you do to ease the pain? It's hard enough on you, but what about the little lives of your children?

For the most part, children generally show flexibility and can survive the changes. Although they survive the affair, the effects of what happened still need to be worked through. Since many affairs are often followed by the dissolution of the marriage by divorce, it will need to be considered as well. Some children have more difficulty adjusting to the difficulties associated with the divorce than the affair itself.

You can know what needs to be worked through and how those issues change depending on whether you are dealing with a young child, teenager or an adult child. Each of these age groups have different needs which are covered.

Since affairs inflict damage that is not always seen, the real effects of the affair may not be visible to you or fully understood for many years. This means that you cannot judge that your children are adjusting well to the affair just because you do not see highly emotional responses to it. Many times, children want to stay calm as a way of dealing with the reactions going on in your home. They do not want to burden the family during this time.

You may not know what to look for or what to do with your children in response to affairs. This guide will help you in dealing with the effects of affairs and their aftermath on your children. You can know how to deal with the subject of the affair and questions your child may have without immersing them in the emotional whirlpool the affair brings with it.

As a parent, trying to deal with a muddled mess is frustrating, since it is not clear where to begin. I enjoy baking bread. There were times, however, when I made mistakes, which resulted in a baked, dry, hard lump. On tasting the muddled mess of a lump, it was difficult to figure out what went wrong. It was only when I reviewed or broke down what I did, step by step that I discovered the missing ingredients or procedures. As parents, the effects of the affair can be dealt with, yet it requires that you break down step by step what you did or didn't do that you needed to do.

In this guide you will find answers to questions such as:

- \* How does the affair affect my children?
- \* How to talk about the affair with them?
- \* Whether I should talk about the affair with them?
- \* What can I say to them?

These questions and more are sensitively addressed. You will learn

- \* How to repair the breach of trust your child may be experiencing
- \* How to help your child sort out the confusion of "right and wrong" regarding the affair
- \* How to deal with the emotional chaos of the affair

- \* Ways of responding when your child rebels or 'acts out'
- \* How to rebuild the broken communication between you and your children
- \* How to work through the feelings of not being 'good enough' your child is feeling
- \* How to re-establish trust among the family
- \* How to make child custody issues less threatening to your children

There is also a section for children on how to deal with an angry parent, and angry siblings.

Besides addressing the issues of an affair, the topics of children and divorce along with Parent Alienation Syndrome are also covered and explained. Dealing with family courts often has risks. Knowing those risks can help you make better choices for you and your children.

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