
Was Sie aus diesem Essential mitnehmen können

- Destruktive Paarkonflikte und Scheidungen gehören zu den bedeutungsvollsten familiären Risikofaktoren für psychische Störungen bei Kindern und Jugendlichen.
- Auf der anderen Seite können sich konstruktive Konflikte nachweislich sogar positiv auf die kindliche Entwicklung auswirken, wobei die hierfür notwendigen Kompetenzen in präventiven Angeboten erlernt und trainiert werden können.
- Weniger die Scheidung als kritisches Ereignis, als eher destruktive Paarkonflikte vor, während und nach der Trennung scheinen für die negativen Folgen für Kinder verantwortlich zu sein.
- Scheidungen können zum Vorteil der Kinder sein, wenn einer beständigen Negativität in der Familie ein Ende gesetzt wird und die Eltern nach der Scheidung einen konstruktiven und kooperativen Umgang miteinander pflegen. Dennoch bleiben sie ein einschneidendes und schmerzvolles Ereignis für Kinder.
- Eltern stehen in der Pflicht, ihre Partnerschaft um ihrer selbst und des Kindeswohls willen sorgfältig zu pflegen oder bei einer Scheidung das Geschehen möglichst zugunsten der Kinder zu gestalten. Fachkundige Hilfsangebote für Eltern und Kinder können die Familie unterstützen, sich unter neuen Vorzeichen zum Wohle aller zu reorganisieren.

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