

# Coping with Thanksgiving: Divorce Professionals Offer Advice for the Holidays

*Divorce Magazine's writers and bloggers are offering advice to readers on how to get through Thanksgiving and the holidays during and after divorce.*



The holiday season can exacerbate the stress many families are feeling during and after divorce. Whether they're going through a separation, or whether it's another year of celebrating Thanksgiving as a single parent, men and women head to [DivorceMag.com](http://DivorceMag.com) for tips on how to handle the holidays. *Divorce Magazine's* team of divorce professionals – as well as bloggers who have been there, divorced that – are always happy to offer their best advice to readers.

Looking for new traditions to introduce to the family? In [7 Ways to Create New Traditions For Your Family Post-Divorce](#), therapist Terry Gaspard describes how recently divorced parents can create new positive holiday memories for themselves and their children. “Let’s face it, it’s a not easy for parents to let go of grudges and bad memories of past holidays,” says Gaspard. “But you can give your children the gift of hope by setting up new traditions that will ease the stress during the holiday season and bring them happiness. For instance, Ryan is a single dad who likes to

cook, so he began a tradition of baking homemade bread with his two kids and delivering it to a soup kitchen sponsored by their church. This has become an important holiday ritual for Ryan and his children.”

Other helpful articles and blog posts for the holidays include:

[Gratitude After a Thanksgiving Divorce](#)

[Celebrating Friendsgiving: 10 Ways to Enjoy Thanksgiving After Divorce](#)

[Tips for Enjoying the Holidays After Divorce](#)

[5 Tips for Making It Through the Holidays as a Single Parent](#)

[Thanksgiving Challenge: Giving Thanks and Staying Positive](#)

*Divorce Magazine* wishes everyone a safe, enjoyable Thanksgiving – whether they are celebrating with family, friends, or friends who have become like family.



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*Divorce Magazine* and [www.DivorceMagazine.com](http://www.DivorceMagazine.com) have been providing individuals and families who are going through the transition of separation and divorce with information, support, and guidance since 1996. The magazine and website both offer practical help and information – from child support to visitation, mediation to litigation, divorce recovery to dating after divorce. The online directory of divorce professionals and geo-targeted FAQs can assist separated individuals to find local help and advice. The magazine and website are owned by [Divorce Marketing Group](#), which also publishes *Family Lawyer Magazine* and [FamilyLawyerMagazine.com](http://FamilyLawyerMagazine.com), [www.DivorcedMoms.com](http://www.DivorcedMoms.com), as well as a number of other divorce-related publications and websites.