Family Law Attorney Krista Nash Shares Research-Based Strategies to Reduce Conflict and Protect Children During Divorce

March 11, 2026

ARVADA, CO - March 11, 2026 -
Children First Family Law has announced the publication of a new article titled ?10 Tips for a Conflict-Free Divorce: How to Protect Your Children from Emotional Harm,? offering research-informed guidance for families navigating separation while prioritizing the wellbeing of children. Written by family law attorney, mediator, parenting coordinator, and child advocate Krista Nash, the article highlights how parental conflict?not divorce itself?is the primary factor linked to emotional harm for children.

The article draws attention to a frequently misunderstood reality within family law and child psychology: children can remain emotionally healthy after divorce when parents manage conflict responsibly and maintain stability across two households. According to Nash?s work with families and children in legal settings, the most damaging factor for children is not the end of a marriage but exposure to prolonged hostility, emotional tension, and loyalty conflicts between parents.

?Divorce itself does not automatically damage children,? said Krista Nash, attorney and child advocate at Children First Family Law. ?What causes lasting harm is high, chronic conflict between parents. When adults manage their emotions and keep children out of the middle, children are far more likely to adapt and thrive.?

In the article, Nash explains that children often internalize parental conflict in ways adults do not recognize. Research and courtroom experiences alike demonstrate that children frequently feel responsible for easing tension between parents, leading to what psychologists call ?loyalty binds.? In such situations, children may monitor their words and behavior carefully to avoid upsetting either parent, a dynamic that can shape their emotional development for years.

One example shared in the article illustrates the psychological toll conflict can take on children. During legal proceedings involving two highly educated parents locked in repeated disputes, their 10-year-old child told a representative for the court, ?I wish they loved me more than they hate each other.? Nash notes that

statements like this appear repeatedly in high-conflict family law cases and demonstrate how children perceive ongoing disputes.

The article outlines practical approaches parents can implement to minimize emotional stress for children. Among the most important findings discussed is that children should never be placed in intermediary roles during divorce. Asking children to relay messages, gather information, or serve as emotional confidants places them in an inappropriate position between parents and creates pressure to manage adult emotions.

Nash also emphasizes that tone and communication between parents can significantly affect how children view themselves. Because children identify with both parents, criticism directed toward the other parent may be interpreted by a child as criticism of their own identity. Even subtle comments can shape a child?s perception of stability and security within the family.

Another major factor identified in the article is the importance of predictable routines across households. Children navigating divorce often describe the experience as feeling like the ground beneath them is shifting. Maintaining consistent schedules, expectations, and communication patterns between homes helps restore a sense of normalcy and emotional safety.

The article also addresses common patterns observed during child exchanges between parents, which family law professionals often identify as one of the most stressful recurring moments for children. Nash explains that children are highly sensitive to tension during these transitions, even when parents attempt to conceal their emotions. Neutral, predictable exchanges?without arguments or extended discussion?can significantly reduce anxiety for children who experience these transitions weekly.

The publication further highlights the importance of emotional regulation among parents during divorce proceedings. According to Nash, a parent?s ability to manage personal anger, grief, or resentment plays a direct role in a child?s long-term wellbeing. Children closely observe how adults respond to conflict, and those patterns often become models for how they will handle relationships in adulthood.

?Children are watching how parents handle anger, disappointment, and betrayal,? Nash said. ?A parent?s emotional discipline becomes one of the strongest protective factors a child can have during divorce.?

In addition to addressing parental behavior, the article discusses how outside influences?such as social media groups or peer advice that frames divorce as a competitive battle?can intensify conflict and prolong litigation. Nash encourages parents to seek guidance from professionals who focus on resolution and the long-term needs of children rather than escalating disputes unnecessarily.

The publication reflects the broader philosophy guiding Children First Family Law, which centers on reducing

the emotional harm children often experience during legal conflicts between parents. Nash?s practice incorporates mediation, parenting coordination, and child advocacy alongside traditional family law representation in an effort to shift the focus of divorce proceedings toward long-term family stability.

For reporters covering family law, mental health, or child development, Nash?s experience working directly with children in legal settings provides insight into the emotional realities children face during divorce proceedings. Her work highlights the intersection between legal strategy and child psychology, a subject receiving increasing attention among courts, mediators, and mental health professionals nationwide.

The article ?10 Tips for a Conflict-Free Divorce: How to Protect Your Children from Emotional Harm? is available through Children First Family Law?s website. Members of the media interested in speaking with Nash about child-centered divorce strategies, co-parenting conflict, or trends in family law may request additional information through the website.

###

For more information about Children First Family Law, contact the company here:Children First Family LawKrista Nash(720) 252-9638info@childrenfirstfamilylaw.com5610 Ward Rd STE 300, Arvada, CO 80002

Children First Family Law

Child First Family Law is a family law office with a child-centered approach that provides services as a Child?s Legal Representatives (CLR), Mediators, Parenting Coordinator/Decision-Makers (PC/DM), and Attorney Representing Parents.

Website: https://childrenfirstfamilylaw.com/

Email: info@childrenfirstfamilylaw.com

Phone: (720) 252-9638