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**As Divorce Rates Are Set to Rise Post-Pandemic,  
Is There Such a Thing as a Good Divorce?**

*Good Divorce Proponent and Author Sarah Armstrong  
Says Yes! Her Book Tells How*

New York, NY—Divorce rates have taken a nosedive during the pandemic over the last year, surprising most experts. Even though there is a debate about the cause for the drop—financial uncertainty, court closings, the goal of keeping the family healthy—experts do agree that divorce rates are set to boomerang in the year ahead after this extended period of unexpected togetherness.

But are those headed for a breakup prepared for what lies ahead? After all, for the last hundred years, popular culture has provided women with a wealth of advice about “how to have a good marriage,” while advice about “how to have a good divorce” has been elusive.

Enter Sarah Armstrong. After going through what she terms a collaborative divorce, she wrote *The Mom’s Guide to a Good Divorce: What to Think Through When Children Are Involved*, a blueprint for every stage of the pre- to post-divorce process to help moms through the challenges of divorce.

With a successful career in global marketing, and with a focus on mentoring women, it might seem only natural that Armstrong decided to share her divorce lessons learned. In fact she was surprised when friends encouraged her to organize her experiences in a book. She came to understand, however, the value of her experience to other moms.

Ultimately, once parents commit to doing everything they can to ease their children into the new reality, Armstrong firmly believes that having a “good divorce” is possible.

According to Armstrong, after having more than a year of reflection, there may be more post-pandemic willingness among couples to consider a collaborative-type divorce arrangement, mediation or an amicable traditional divorce rather than the usual contentiousness that is all too familiar.

One strategy Armstrong employed was to create a strong network of close girlfriends and “energy givers” to support herself during the transition.

Other strategies Armstrong notes in her book include how to help children manage their lives between two homes, how to develop “compartmentalization muscles” to cope with the stress of divorce and how to handle a year of post-divorce “firsts” such as birthdays and holidays.

Her top-line advice for moms on achieving a successful divorce agreement is—first and foremost—to take the high road. Whether negotiating the fine points of shared custody or suddenly learning that the ex has started dating, taking the high road means always staying focused on what is best for the children’s well-being.

Armstrong tackles a range of knotty issues, from determining co-parenting schedules to helping children with holiday gift-giving for the ex-spouse. She points to the day-to-day experience of the child as a yardstick for determining just how well the transition is going.

As with all things, details matter. Armstrong encourages parents to “minimize the gaps”—the empty hooks on the wall of family photos, the void where Dad’s favorite chair used to be. She also urges parents to attend parent-teacher conferences and sit together at school sporting events to show that Mom and Dad are still Mom and Dad.

Create a home base, Armstrong suggests, to build a sense of security and to help children know, “This is my home. I belong here.” Even though children may become professional travelers between homes, Armstrong believes they should not have to pack a bag each time they spend the night at the other parent’s place.

Out of the turmoil and uncertainty of the pandemic, Sarah Armstrong is optimistic about the opportunity to have a good divorce and, using her book as a guide, she is happy to share the keys to getting there.

Certainly, the pandemic will leave its imprint on the modern family. It is Armstrong’s sincere hope that with all the strife and stress caused by the past many months, parents who want to divorce will choose what’s best for their children during this life-changing event. The benefits of a good divorce await them.

For more information, or to request an interview with Sarah Armstrong, contact Gaye Carleton, [gaye@mantrapublicrelations.com](mailto:gaye@mantrapublicrelations.com) or Christi Cassidy, [christi@mantrapublicrelations.com](mailto:christi@mantrapublicrelations.com), +1-212-645-1600.

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