though Mom and I are going to get divorced. Mom's always going to be your mom and I'm always going to be your dad. We're going to be working together to take care of you until you're grown up. Mothers and fathers sometimes get divorced, but children and parents never do. You're going to be living with Mom on Sunday through Wednesday and with me on Thursday through Saturday."

Children's single biggest concern: Fear of abandonment by one or both parents. A thorough explanation of what is happening gives children concrete reassurance of their continued relationship with both parents. It's critical to present it at the time of the separation and repeatedly thereafter.

More suggestions: Give the children a calendar on which you have circled the days of the week they will be with you and the days they'll be with their mother. Take them to your new home and show them the room or space you've set up for them. Use statements such as "This is your bed, this is your dresser, this chest is for your toys." Making concrete both when and where they'll be seeing you is very reassuring to them.

Getting Along With Your Ex

About one-third of parents recognize that no matter how they feel about their former spouse, the children need love and support from both parents. Another third can see that the child needs a good relationship with both parents, but their anger gets in the way. Another third fight with their ex through the children statement. They are likely to seek a renewed relationship with the excluded parent, rejecting the other.

Step one:

Say to your ex-wife (who may not reciprocate)."Other physical activity.

Dr. Gerald N. Epstein

Reading Faces

Reading faces is part of the science of morphology (the study of face and body). It can help you quickly understand how a person thinks, why he behaves as he does and what his needs are.

Morphology was practiced in ancient Egypt, Greece and Israel. It is used today in China and is included in formal medical training in France. Its special value: It's a quick way to zero in on a patient's physical and psychological problems...adding substantially to his own statement.

Reading a face means more than just looking at the expression (smile, frown, etc.). The reader must also carefully observe the shape of the face (both front view and profile), the musculature and the proportions of the features.

Basic Face Shapes

Front view:


- Round. Poetical, lyrical, maternal, rhythm is slow, dreamy. Linda Ronstadt.

Side view:

- Sanguine. Action-oriented, fickle, good merchant. Establishes superficial relationships. Aesthetic and body-oriented. Sanguine types are not terribly philosophical, and they think analytically. They don't like long-range planning. America is now a sanguine culture (concentrating on body fitness), led by sanguine types like Ronald Reagan.
- Nervous. Darts in and out, doesn't like being in groups for long periods, tends to be reclusive. Artistic in an imitative rather than an original way, sensitive, a great communicator. Needs to be applauded, acknowledged and adulated. Responds to events rather than initiating them. Has a highly evolved intellect and great perception but has trouble sustaining things. Woody Allen.

Using Morphology

Personal: Parents can quickly tune in to what their child needs.

Example: Recognize that a lymphatic child won't be interested in baseball or in any other physical activity.

Business: In France, personnel directors use morphology to help select employees.

Example: If you're looking for a bookkeeper or an organizer, hire a lymphatic type. For sales, sanguines are best. In advertising, nervous types make good copywriters and packagers. And bosses are usually bilious types—natural leaders.