Can I leave my marriage without harming my children?

 Our children are the most important things in our lives as parents. They bring us untold happiness and joy and utmost worry and grief. Yet we would never be without them and want to protect them from any harm and particularly want to avoid inflicting any harm on them through our own actions .

Staying for the children often keeps a parent in an unhealthy and unhappy relationship which strangely can have an even more traumatic effect than had the parents agreed to separate.

6 Ways to protect your children from the harm of divorce