

HOW TO TELL YOUR KIDS YOU ARE GETTING A DIVORCE

Start by Making the Bed

1. Plan What to Say

2. Have the Conversation Together.

3. Use a Non-Blaming Narrative

4. Explain What will Change

5. Give them Time to Adjust



How to Support Your Child Through a Divorce

1. Encouraging them to be open about their feelings
2. Validating their feelings
3. Keeping you and your partner's relationship problems separate
4. Modeling self-compassion
5. Tending to their own mental health
6. Working on co-parenting skills
7. Understanding that there's no one right way to process