



DIVORCE | *how do we tell the kids?*

Summary

Telling your child about divorce is one of the hardest things you might ever do, and how you do it is important. Kids will remember how the room felt, your tone of voice, and what happened afterward—not just the words you said. Plan to share honest, age-appropriate truth without blame, along with reassurance and a reminder about how deeply you love your kids. Don't expect your child to be able to process everything right away, and don't expect to hurry to the part where it doesn't hurt anymore. Create room for the emotional heaviness and confusion your child will inevitably walk through in this season.

Diving Deeper

Read Proverbs 15:1 and James 1:19

Before you talk, write down two or three things you want your child to hear, like “You are not to blame,” “We both love you,” and “We will walk through this with you.” How can you keep the conversation clear and calm?

Conversation Starters:

1. What questions do you have about what's changing in our family?
2. How did that conversation make you feel afterward?
3. What would help you feel safer or more supported right now?