



DIVORCE | *what if we're not on the same page?*

Summary

When parents do not agree about the divorce, kids can feel stuck in the middle. But kids should not have to judge, counsel, or take care of either parent. Being honest with kindness means explaining what is happening without expecting your child to solve adult problems. Your child will remember that you made space for their questions and that you tried your best to protect their peace.

Diving Deeper

Read Romans 12:17-18

These verses encourage us to choose dignity and peace whenever possible. When do you feel tempted to say something that might involve your child in conflict? What could you say instead to keep them safe?

Conversation Starters:

1. Do you ever feel stuck in the middle between me and your dad/mom?
2. What feels confusing or stressful for you right now?
3. What helps you feel like you don't have to choose sides