



DIVORCE | *a new normal?*

Summary

After a divorce, daily life is different. Routines, schedules, and even small details can feel overwhelming for a child. They need steady routines, emotional safety, and the freedom to talk honestly about both homes. That starts by making sure they don't have to keep secrets to protect your feelings. If they loved a weekend with their other parent, let them say so. If something feels off, make sure they know they can tell you, and that you won't respond with judgment or panic. That kind of emotional permission helps your child feel whole. Not split in two. Because when kids feel like they have to censor themselves just to keep the peace, they often carry that pressure into every other relationship.

Diving Deeper

Read Isaiah 33:6

God is a steady foundation. Pick one small routine you can repeat this week to remind your child they are safe and seen.

Conversation Starters:

1. Are there routines or moments that help you feel more steady?
2. Is there anything about moving between homes that feels especially hard?
3. Is there a schedule that you feel like would be ideal for you as you share time between parents?