

How to Talk to Your Children About Divorce

If you have children and plan on divorcing your spouse, you will have some difficult conversations ahead of you. Telling your children about your impending divorce is a task you and your spouse should plan together, as difficult as it may seem. Delivering this news as a team will help reassure your children that although you will no longer be a couple, you will both continue to raise and love them together.

Breaking the News to Your Children

In addition to telling your children this news as a team, you should also collaborate on what you would like to say. Preparation is essential and will help keep you from veering off track. Your children will undoubtedly want to know why you are getting divorced and you and your spouse should agree not to point fingers at each other or play the blame game. Keep in mind that this conversation is for your children's benefit and not the time to throw anyone under the bus.

Here are some more tips you should consider before having this talk with your children:

- Although you should spare your children the details about why you are getting divorced, try to offer them some explanation. For example, you can simply state that you tried to fix your relationship, but realize you will both be happier if you end your marriage.
- Explain to your children that nothing they did caused you and your spouse to get a divorce and that this was strictly an adult decision.
- Tell your children that you love them and, regardless of the state of your marriage, you and your spouse will always love them.
- You might not have all the answers now, but if you have any information that may ease their anxieties, share it with them. For example, if you or your spouse plans on moving out, tell your children when and where. The more they know what to expect, the less they will fear the future.

Even after this initial conversation is over, it is crucial for you and your spouse to remain available for them if they have any concerns or questions. The divorce will be a lot for them to process and they may not know what to say immediately.

Reach Out to a Compassionate Family Law Team for the Representation You Need Today!

Divorce is difficult for families. If you decided to end your marriage, hiring an experienced and compassionate family law attorney can help you overcome the obstacles you may face. At Sullivan Law & Associates, our legal team is committed to helping clients navigate this emotionally trying time, so they can move forward. Backed by more than 40 years of legal experience, you can rely on us for the guidance and support you deserve.

Reach out to our law office today at (949) 565-2793 to set up a free consultation with a member of our team.