



VAN TASSEL LAW

## What to Tell the Children

Telling the children is often one of the most difficult moments for divorcing parents.

It is not only what to tell the children but when to tell the children.

Both parents need to be, as they say, "on the same page" and the following is a general of idea that will help you discuss the divorce with each other before you speak with the children.

**Please take these suggestions and change them to fit your individual needs.**

- 1) Mommy and Daddy don't care for each other anymore the way people who stay married need to love and care for each other. We have decided to get divorced and we are going to live in separate houses.
- 2) You know that Mommy and Daddy love you very much, and we will always love you.  
Parents love their children and that will never change.
- 3) As you have probably noticed Mommy and Daddy  
*(select whichever is appropriate or applies to your circumstances)*
  - A. Haven't been spending a lot of time with each other.
  - B. Haven't been getting along with each other lately.
  - C. Haven't been sleeping in the same room with each other.
- 4) This has nothing to do with you. There is nothing you could have done to prevent this and there is nothing you can do to change this. This is between Mommy and Daddy.
- 5) Daddy (or Mommy) is going to move (give specific date and where they are moving).  
You will spend time with Daddy at Daddy's house and with Mommy at Mommy's house.
- 6) If appropriate: Most other things will stay pretty much the same. You will go to the same school, you'll have the same friends, you'll still be spending time in this house, but you'll also have another house where you'll spend time with Daddy.
- 7) This is not something to be embarrassed about. You can tell your friends or anyone else if you want.
- 8) If you have questions you can ask now or whenever you wish to speak to one or both of us.