



How to Talk to Younger Kids About Divorce

(with a focus on positivity + communication)

1. Start with a Loving Message



Keep it simple, calm & age-appropriate

"Mom and Dad both love you so much."

2. Lead with What Isn't Changing



Our love for you will never change

We're always here for you.

3. Frame it in a Positive Way



This is a change to help our family
feel more peaceful.

4. Make Space for ALL Feelings



It's okay to feel sad, mad, or
confused.

You can talk to me **anytime**.

5. Prioritize Open Communication



You can ask questions anytime.

I'm here to listen.

6. Show Unity as Co-Parents



We're still a team for you.

We'll work together.

7. Focus on Connection



We'll keep our routines &
spend time together.

8. Reassure: It's Not Your Fault



This is a grown-up decision.

It's not because of anything you did.

Example Script:

"Mom and Dad are going to live in different homes.
It's not because of anything you did."

♥ We both love you so much and we'll always be your parents."



CALMING COMMUNITIES
COUNSELING & WELLNESS

We aren't building people, we're growing brains.

