



Toolkit for Divorcing with Dignity

Reflection Activity #5: Telling my children

In some cases, it might be difficult to control how the news of your divorce is shared. If you have time, process this on your own and prepare for how to have this conversation with your children, below are several things to consider when opening this dialogue. If you're able, allow plenty of time for this conversation and time for your child or children to process the news and ask questions. Consider ways you envision this conversation going:

1. Is this a conversation that my ex-partner and I will initiate with our children together, or will one of us be independently telling our children?
2. If I have more than one child, do I want to tell them at the same time? Would their ages and maturity levels benefit from being told together or separately?
3. Where is a calming place that we could have this conversation?
4. How will I respond to potential negative reactions to divorce from my children?
5. What questions do I imagine they will have after they hear the initial news?
6. What expectations might I have on how my children might or should respond?