



Tips from the **Divorce Support Club**

How to tell your children
that you're getting divorced

1 You **have** to tell your children

First thing's first - you do have to tell your children. It may sound obvious, but people do sometimes wonder if they have to tell their children, they think they can carry on and their children will know no better.



If you don't tell your children what's going on, they will start to make up their own stories in their head. Children pick up on more than we know, they will sense something is different and they will write a story that isn't based on logic or fact.

They will often centre this story around themselves e.g. mum and dad are breaking up because they don't love me, or because I'm naughty. Then they start thinking about how they can fix it e.g. if I'm really good mum and dad won't split up.

2 Plan and keep it simple

It's important to plan what you're going to say when you tell your children. Going into the conversation unprepared may mean you end up saying things that aren't beneficial.

- Choose a time when you won't be interrupted or need to rush off.
- Talk to your children together if you can, present a united front with your partner - even though we aren't together, we're still your parents and we love you.
- Keep the conversation simple and use language that suits their age. What you say to a 14 year old will be very different from an 8 year old or a 4 year old.



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