

## What To Tell The Children

- 1) As you've probably noticed Mommy and Daddy (choose whichever apply)
  - a. Haven't been spending a lot of time with each other lately
  - b. Haven't been getting along with each other lately
  - c. Haven't been sleeping in the same room with each other.
- 2) Daddy and Mommy don't love each other anymore the way people who stay married need to love each other. Therefore, we've decided to live separately (and where appropriate) and we've decided to get divorced. (Even though we will be living separately we are still a family).
- 3) You know that Mommy and Daddy love you very much, and Daddy and Mommy will always love you. Parents always love their children, this never changes.
- 4) This decision 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. Even if we fight about you it really has nothing to do with you, it's not your fault.
- 5) Daddy is going to move (indicate specific time and place of move-out). You will spend time with Daddy at Daddy's house and you will spend time with Mommy at Mommy's house OR tell whatever the situation is.
- 6) (Where appropriate) – However, 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 be spending time with Daddy.
- 7) This is nothing to be embarrassed about. You can tell your friends or anybody else if you want to.
- 8) Do you have any questions? You can ask them now or whenever you think of them.
- 9) If a child asks if this was for example one parent's idea or do they both want the divorce, then the answer should be something like: "This is something that Mommy/Daddy and I have thought about a lot and that we have agreed to do this and we feel that this is the best thing to do."