

Divorcing Parents Script

1. We both love you and will continue to love you.
2. One of the happiest days of our lives was the day you were born.
3. Our problems are not your fault, and you did not cause them.
4. We will always be there to love and protect you.
5. We are divorcing as husband and wife, NOT as Mother and Father.
6. We will communicate and work together on matters concerning you.
7. We will not say bad things about each other to you.
8. You do not have to choose between us.
9. We support the rules of each other.
10. We expect you to do well in school and life.
11. We do not want you to use our divorce as an excuse for your problems.
12. We do not know all the details of the future, but will share them with you when we know.
13. You will be able to visit our families, and they will not say bad things about us to you.
14. You have our permission to listen to, love and respect the other parent.
15. We both love you and that will never change.

Any and all of the above statements are helpful for children to hear. Most children will blame themselves for their parents' divorce and feel concerned regarding whether their parents will continue to love them. Children can benefit from reassurance that the **divorce is not their fault and their parents will continue to love them and care for them.** Many children will need to ask questions, not about your relationship, but about how the changes will affect them. Be open to their questions and be willing to repeat any of the above statements as often as necessary.