

# POWERFUL CONVERSATIONS WITH KIDS



The goal of every conversation with your child(ren) is to create an energetic space of *trust* and openness surrounding your divorce. You want to create a safe space for your child(ren) to feel comfortable sharing their feelings, thoughts, and concerns.

There is tremendous power when you embrace the narrative that divorce is a journey, and that you and your forever family will go through it together. *Your children will feel safe knowing you will do it together.*

## Conversation Starters

“We are still a family, just a different family than we were before.”

“Your parents are still in a relationship, just not in a romantic/married relationship. Now we will be moving into a co-parenting relationship.”

“There are many forms of love and many types of relationships. We know for sure that we will *always* be your parents and *always* love you!”



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