

PARENT LETTER TO CHILD

“Dear son or daughter,

With this letter, we’d like to share a few important things with you. You know that we have decided to get divorced. The fact that we are getting a divorce will never change the way we feel about you and you must always remember that we will forever be your parents.

We have decided we no longer want to live together as partners and this might somewhat complicate the way we communicate with each other. We may not be able to do things together as a family anymore either, so we’ll have to find new ways to interact with each other. We have our own emotions to deal with the divorce and sometimes we may express them through anger, disappointment or by remaining silent towards each other. We know that we shouldn’t react that way, but it could prove hard for us, especially in the beginning. Know that you never are, or ever will be, the cause of our anger or disappointment towards each other.

You are not the cause or reason of our divorce. Always remember that!!

Our divorce is not your fault and you will never have to choose between either of us.

It is very important for us to take your feelings and wishes into consideration. You will always be important to both of us.

We are more than willing to put our own feelings aside and pay more attention to you in particular. If you feel we’re not spending enough time with you, please let us know. Even though we don’t want you to feel sad or angry, we understand there may be days when you might struggle with these emotions, know that we will always be there to listen and care.

As your parents, we want you to enjoy your childhood for as long as possible and grow up feeling confident in a safe environment. We’d like to see you prance around with a smile on your face as often as possible. We’d like you to enjoy meeting up with friends and to feel happy and at home in both of our houses, even though our family situation has changed.

We love you very much and would like you to know that we plan to do our very best to make this new situation, as comfortable as possible for you.

Lots of love, your parents”