Our partners at Child Mind Institute develop resources by accredited experts. While research shows that about 80% of children of divorce adapt well and see no lasting negative effects on their grades, social adjustment, or mental health, we know that this can be a tough transition and that parents need help understanding how to support kids.

Listening and creating a safe space to explore big emotions is a great way to start. We have some creative activities and resources that encourage emotional exploration.

Starting with how to tell the kids, Child Mind Institute also walks you through what reactions to anticipate and
how to respond. Showing respect to your ex, providing routines and creating special moments are a few of the strategies. Learn more at Child Mind Institute.

More Divorce Resources at Child Mind Institute