



# Dr. Tracy's Counseling Services

20 years of experience

**Q:** My husband and I are going through a divorce. When should I tell my children?

**A:** Informing your children about the decision to divorce is usually a sad and traumatic event. Many children may not be aware that the two of you are not getting along or if you have not gotten along for a long time, they may think that is normal. However, they do not assume that the relationship will end. Some children may be aware and be afraid that a divorce will happen but the actual event of telling the children is extremely upsetting for almost all children.

You have control over the events around the announcement of the decision to divorce. First of all, make sure that you are really going to get divorced and not change your mind. Second, give the news to your children before you tell your friends, family or neighbors. If possible, it is important to tell them as calmly as possible together. Do not tell them when it is a special day, like a birthday, holidays or any other day that is special for them. Do not tell them before bedtime or you may create an on-going sleep problem. Do not tell them in a public place where they cannot express their emotions comfortably.

Make sure that you are emotionally in a place where you can respond to their feelings rather than focusing on your own or crying. It will be extremely important that you are available to answer their questions. If they need to withdraw from you, let them. Offer them another trusted confidant to speak to them regarding the divorce. Unfortunately, there is never a perfect time but there are obviously better times.

*Specializing in the treatment of:*  
**Anxiety and Depression ~ Addictions  
Trauma and Grief ~ General Coping Issues State  
of Iowa approved DUI Assessor  
Parenting a Special Needs Child  
Women's Issues ~ Workplace Stress**

Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

215 SE Main Street • Grimes

515-490-1921

[www.DocTracysCounseling.com](http://www.DocTracysCounseling.com)