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How to Talk to Your Kids about Your Divorce: Healthy, Effective Communication Techniques for Your Changing Family

Dr. Samantha Rodman

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Expert advice for discussing divorce with your children

Written by Dr. Samantha Rodman, founder of DrPsychMom.com, *How to Talk to Your Kids about Your Divorce* teaches you how to raise a happy, thriving family in a changing environment. Each page offers expert advice for discussing your decision in healthy and effective ways, including breaking the initial news, fostering an open dialogue, and ensuring that your children's emotional needs are met throughout your separation. With Dr. Rodman's proven communication techniques, you will:

- Initiate honest conversations where your children can express their thoughts
- Discuss divorce-related topics and answer questions in age-appropriate ways
- Validate your children's feelings, making them feel acknowledged and secure
- Strengthen and deepen your relationship with your kids

Whether you're raising toddlers, school-aged children, or young adults, *How to Talk to Your Kids About Your Divorce* will help your kids feel heard, valued, and loved during this difficult time.

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