Easterling Family Law Publishes New Guide on How to Tell Kids About Divorce

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Easterling Family Law, PLLC has released a new informational resource for parents facing one of the most emotionally challenging moments of a separation. The guide, titled "How to Tell Your Children You're Getting a Divorce: A Gentle Guide," offers practical, age-appropriate direction for parents preparing to share difficult news with their children.

Authored by founder and family law attorney Lindsey Easterling, the resource addresses questions that families across the community regularly confront during periods of transition. It draws on years of experience in family law and mediation to help parents approach a sensitive conversation with clarity and compassion.

The guide emphasizes that there is no perfect script for telling children about divorce, but that a few guiding principles can reduce the emotional weight of the moment. Among the central themes is the value of both parents presenting the news together, calmly and as a united front, so that children feel a sense of stability even as their family structure changes.

A child's age plays a significant role in how much detail can be absorbed and how the news may be received.

The resource outlines how parents can adjust their language and level of explanation for different developmental stages, and it identifies common phrases that can unintentionally place children in the middle of adult conflict.

The guide also stresses that the initial conversation is only the beginning. According to the resource, the reassurance offered in the weeks that follow often matters more than the first discussion. Consistent messages of unconditional support, along with efforts to minimize conflict in front of children, contribute to healthier long-term outcomes and stronger co-parenting relationships.

"Parents often tell me that the hardest part of a separation is not the legal process, but sitting down with their children and finding the right words," said Lindsey Easterling, founder of Easterling Family Law. "This resource was created to give families a starting point rooted in empathy and thoughtful planning, so that a painful moment can be handled in a way that protects a child's sense of security."

The guide additionally responds to recurring questions from families, including when to tell children about a separation, how to proceed when parents disagree on the approach, and whether it is normal for a child to appear unaffected by the news. Each section reflects a focus on reducing emotional strain and supporting stability during a period of significant change.

"Children take their cues from the adults around them," Easterling added. "When parents can model calm and reassurance, even in a difficult season, it makes a meaningful difference in how a child adjusts over time."

Easterling Family Law is a family law practice serving Charlotte, North Carolina, and the surrounding communities. The firm handles matters including separation, divorce, child custody and support, alimony, mediation, property and asset division, and domestic violence. Led by attorney and certified mediator Lindsey Easterling, the firm focuses on guiding families through legal transitions with a client-centered approach that prioritizes practical solutions and long-term well-being.

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Easterling Family Law, PLLC

Easterling Family Law provide legal services regarding family dynamics. We help clients to achieve a non-litigated

resolution of any disputes that arise.

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