



How to talk to kids about absent fathers

Having the courage to start the tough conversations,
and yielding the uncomfortable questions.





Understand that their questioning is natural.

Try to not avoid the question or shame the child for questioning.





Remember that you are speaking to a child about adult-like decisions. Some things will be difficult for the child to understand.





Be patient with yourself and the child. During the first conversation, you may not explain it correctly and they may not understand it fully. That's ok.





Show them that you are comfortable having the conversation by not limiting the questions they ask.





Prepare your responses to common questions. These are a good place to start:

- a. We live far away from each other.
- b. He wasn't prepared to be a father.
- c. We were not kind to each other.





Be age-appropriate, yet honest.
Moving away from the truth only
delays the child's ability to process
what has taken place.

With this said, some details may need
be withheld until the child becomes
older.





Validate their feelings.

Acknowledge the emotions that they are experiencing and try not to make them feel wrong for experiencing these emotions.





Identify other father figures in their life.

Help the child see other fathers in their life that care for them.





Help them cope.

If the child needs additional emotional support or a healthy outlet, actively connect them to resources.





Create a *safe-space* for the child to speak about their feelings and thoughts as necessary.

Let the child know that you are open to having multiple discussions about the topic.

How to talk to kids about absent fathers
@crystalcurrie