

This is Daddy. Daddy lives here. This is Mommy. Mommy lives there. Sometimes I live with Daddy. Sometimes I live with Mommy. So I have two homes!

One evening... I was about 7 years old. I'm just sitting in our cozy little den, watching TV, when my mom walks in. She looks calm—too calm. But when she says, "Come into our room for a minute," I just know. Something's wrong. We go in, and my dad's sitting on the bed with my little brother—he's three. My mom says, "Come sit. Dad and I need to talk to you." And that's when I knew it. Whatever this was—it wasn't good. I don't remember every word, but... it was something about "trouble" in their relationship. They said, "We love you and your brother so, so much. None of this is your fault." There was talk about "grown-up problems," "But [What about me?]" They made it sound so simple. But with every word, everything I knew... started to fall apart. The bottom line? They were

Welcome back to channel 6 news, today, our topic is divorce. One of the primary consequences of divorce on children is the emotional turmoil they often endure. The dissolution of their parents' marriage can trigger a range of extreme emotions, including sadness, anger, confusion, anxiety and,

Hey Tyrone, I mean Dad, From age 5 to 25, I wrote letters to a man who never answered. I uh got something I'd like to read to you. "Hey Dad."

(intro)

hi daddy uh my fif bifday party is coming
up and tis yeao i tink i'm getting an ice
cweam cake. do you like ice cweam
cake well i'll save you a slice love you
bwandon

I have two rooms. One room at Daddy's.
One room at Mommy's. And I have two
telephone numbers. Mommy calls me at
Daddy's house. Daddy calls me at
Mommy's house.

After he left, my father said over the phone, “You’ve caused me too much pain. You’re better off with your mother.” Those words hit harder than anything else — because when a parent leaves, it’s not just a goodbye to a person. It’s a goodbye to who you used to be when they loved

You should know that divorce's effects on youths persist into adulthood, contributing to lower income, reduced college residency, and higher incarceration, teen birth and mortality rates. Addressing its impacts may be important for reducing the intergenerational transmission of disadvantage

hey dad my 13th birthday party is next week and when i woke up this morning the first thing mom said was dang you look just like your daddy maybe that's why my reflection is so unfamiliar sometimes anyways i uh i really hope you can make it to the party this year i miss you a lot all right well i'll see you at the party hopefully sincerely brandon.

I have two favorite chairs. A rocking chair at Daddy's. A soft chair at Mommy's. And I have two bathrooms. One toothbrush at Daddy's. One toothbrush at Mommy's.

I was never really attached to either place... I identified myself more with my suitcase than either house. [I]... [I] feel like [I have] two different lives... [I have] to be two different people and... [I] don't know who to trust or believe, and

The trauma of divorce can alter a child's brain structure, affecting memory and emotional regulation. Their own feelings and experiences [are] either never solicited or systematically sublimated to the adults' desires and feelings.

One in four children of divorce will experience mental health issues severe enough to require treatment.

Yo tyrone, it's Brandon. i just turned 16 years old today and all the kids at school always ask are you gonna make it the party and i always end up telling them that you're out of town now mama told me stop lying so much but technically you are out of town so i guess i wasn't really lying because what's a little half truth when you've only ever known half your roots but i'm tired of sticking up for you i'm tired of all these sleepless nights i'm tired of coming up with excuses for your absence i'm tired of trying to earn the title of being called your son as if it wasn't my birthright so you know what dad or tyrone Whoever the HELL you are i'm done because all i ever wanted was for you to acknowledge my existence but despite my persistence i haven't even met resistance just absence and i hate the fact that i still want you here but i'm done being part of this delusion the idea that you could alleviate my confusion. I don't need you, I never did. This is my last letter to you tyrone goodbye.

Now, if I could talk to my **seven**-year-old self that night sitting on my parents' bed, as he felt overwhelmed by the news, I would tell him not just that he can't fix it, but that he doesn't need to.

Dear Tyrone, for 25 years I cried in the pillow sheets wondering why you left me... Your absence like a flame found home in the kindling of my insecurities and my mind became a wildfire...

Despite our lack of history Tyrone, I've come to learn that pain can only control you if you hold them within... I've laid down these woes, just so I can tell you this: I forgive you, I forgive you, I forgive you so I can finally be free... Because I'm getting married soon and I want our first chapter together to be started off on the right page with you by my side...

Tyrone, for the first time ever I can honestly say I love you and I actually mean it. Love, Brandon. **P.S. I think...**

What children need most after divorce is consistent, responsive parenting, because children don't need perfect families—they need present ones, so

Before you fight.

Think about how we feel.

We're here.

We're listening.

We're hurting.

We need you to see us, not just each
other

Think about the ones caught in
between, asking, what about me?