

Josh Lucas Says 'Becoming a Father Has Changed Everything'



By April Littleton

According to [People](#), Josh Lucas, who split from his wife Jessica Ciencin Henriquez in January, is only focusing on the well-being of his son Noah, 20 months. "My becoming a father has changed absolutely everything in my life," he said. "I am more and more wanting to be a part of things that [are] playful and more the things I see my son really responding to and enjoying." Lucas and his wife became engaged six weeks after meeting. The former couple are now trying to remain amicable with each other.

How do you explain a breakup to your child(ren)?

Cupid's Advice:

A breakup can be tougher on a child than it is for the adults involved. Don't just assume your child(ren) understand your situation. When you decide you and your partner are no longer a perfect match, you need to let the rest of your family know what's going on. Cupid is here to help:

1. Be patient: After you break the news to your child(ren), you need to make sure they know it's OK to express how they feel to you. Be patient with them. Ask them to share any questions or comments with you. Listen to what they have to say. Try to give them some positive responses and reassure them the breakup was for the best.

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2. Don't sugarcoat the truth: Be honest and direct about the split up. Explain to them why you and your former flame have decided to part ways. You don't need to talk negative about your ex, but your child(ren) do need to understand the situation as best they can.

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3. Share the responsibility: If possible, try to get your ex involved with telling the kid(s) about the breakup. Hearing the news from both parties might be more helpful and less painful for the child(ren).

How did you explain your breakup to your child(ren)? Share your experience below.