

HELPFUL READINGS

TOWARD THE UNDERSTANDING OF FAMILY CHANGES

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An annotated bibliography and resource list for divorce or separated parents and their children. This collection was part of a project of public information initiated by the Hampshire County Probate and Family Court in Northampton, MA.

Most of these books are also available through your local public library. Further information about them is available on-line, your local bookstore, or library. If your local library does not have a copy of a book you are seeking, you may ask your librarian to request it from another library through an interlibrary loan. More information about books available by interlibrary loan can be obtained from your local library or on the Internet at <http://cwmars.org>. Please note that some of the books on this list are also available in Spanish.

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EARLY SCHOOL AGE CHILDREN

Aubrey, Audrey, author; Barton, Patricia, Illustrator: **There for You**. QEB Publishing (2007).

Jonathan's parents are separating, and he feels somehow to blame, as well as angry and frightened by these changes in his family. In rhyme, the author shows how his parents joined together to support and comfort Jonathan, so that he could know that both of them would always be there for him. The book also comes with a set of notes/ideas for parents and teachers who might read this book to children.

Boegehold, B. **Daddy Doesn't Live Here Anymore: A Book about Divorce**. Western. (1985).

This is the story of a little girl whose parents are divorcing and whose father is moving out. How the child adjusts and the means her mother uses to help the girl are the themes of the book.

Brown, L. **Dinosaur's Divorce: A Guide for Changing Families....** Boston: Little-Brown (1986).

This book deals in positive ways with the confusion and anxiety that comes from divorce. Some of the subjects covered are, "Divorce Words and What They Mean," "Having Two Homes," and "Telling Your Friends." The book assumes helpful parents, who, although getting divorced, can sit calmly and answer questions. It offers good advice and words to say that children can adopt and adapt.

Christianson, C. **My Mother's House, My Father's House**. Puffin (1989).

This book explores shared custody as a little girl moves back and forth between very different homes and styles of living. While both parents show their love for their daughter, the story reveals the difficulties she has and her dreams for having the best of each of her parents.

Clarke, Jane, author; Kennedy, Anne, illustrator: **The Best of Both Nests**. Albert Whitman & Co. (2007).

Stanley is a stork, whose parents separate because they are always arguing. Stanley resists his parents' idea two nests can be better than one, because he misses his father and is not sure his dad will show up on time for a school event (that is, be there for him on dad's time). All works out in the end and Stanley comes to appreciate the value of "two nests."

Cochran, Bill, author; Bjorkman, Steve, illustrator. **My Parents Are Divorced, My Elbows Have Nicknames, and Other Facts about Me.** Harper Collins (2009).

Ted is a "one-sock-sleeping, elbow-nicknaming, soap-Mohawking, chicken-phone-talking, spaghetti-out-of-the-jar-eating, cape-wearing son of divorced parents," but despite thinking that may be weird, it "feels just like" him. A humorous, bittersweet, picture and textbook look at Ted, trying to adjust to his parents' divorce and father's remarriage

Coffelt, Nancy, author; Tusa, Tricia, Illustrator. **Fred Stays with Me.** *Little, Brown, & Co.* (2007).

In this illustrated book, a girl shares her time between homes, but the one constant in her life is Fred, her dog, who stays with her at each home. When her parents become frustrated with Fred's dog-like behavior and want to give him away, the girl reminds them that Fred is hers at both homes. Her parents come up with solutions to improve Fred's behavior, allowing her to keep Fred.

Galloway, P.; Aumi, A., illustrator. **Jennifer Has Two Daddies.** Three O'Clock Press (1990).

This book is about a child's need to maintain a relationship with two fathers, one her real (biological) father, and the other – after her parents' divorce and mother's remarriage – her stepfather.

Heegard, Marge. **When Mom and Dad Separate: Children Can Learn to Cope with Grief from Divorce.** Woodland Press (1991).

This book is for young, school-age children. It is supplied with text about the changes that come with divorce, but with blank pages for children to draw their own reactions to the content of the text. The purpose is to assist the child in dealing and working through the feelings of loss and the anxiety/fear/anger that accompanies it.

Hewitt, Sally. **My Parents' Divorce.** Smart Apple Media/Black Rabbit Books (2009).

This book presents a series of divorce-related vignettes (case-studies) for school-age children, with suggestions for coping with different scenarios children of divorce typically encounter.

Lansky, V., author; Prince, J. Illustrator. **It's Not Your Fault, Koko-Bear: A Read-Together Book for Parents and Children during Divorce.** Book Peddlers (1998)

Here's a children's book and parenting tool rolled into one. "It's Not Your Fault, Koko Bear," is a picture book designed to be read by parents to their children. Koko Bear's parents are getting a divorce, and Koko, a preschool-aged unisex bear, isn't happy about it. "I don't like this divorce. I don't want two homes," Koko says. Koko Bear's story doesn't minimize kids' pain, but it doesn't wallow in it either. The message is positive: children are reassured that their feelings are natural, that their parents still love and will care for them, and that the divorce is not their fault. At the bottom of each page, there are bullet points for parents that give information and advice about what the kids are going through, and the best way to handle each issue as it arises.

Mayle, P. **Why Are We Getting a Divorce?** Harmony Books (1988).

A reassuring, sympathetic look at divorce from a child's perspective by the best-selling author of "Baby Taming" and "Sweet Dreams and Monsters." 25 full-color illustrations.

Masurel, Claire, author; Kady McDonald Denton illustrator. **Two Homes.** Candlewick Press (2001).

This basic picture book, Alex has two homes and has two of most everything. He realizes that he loves both parents, who love him in return (no matter who is caring for him) and that he can communicate with each one when he is with the other.

Nightingale, L. **My Parents Still Love Me Even Though They're Getting Divorced: An Interactive Tale for Children.** Nightingale Rose Publications (1998).

Parents, grandparents, counselors, and teachers are helping thousands of children during a frightening and disruptive time of their lives. Working through this book with a caring adult, coloring pictures together and sharing multiple choice answers help children feel reassured, nurtured, and loved. Through the story, children feel safe; they learn divorce is not their fault and that there are ways they can choose to feel better. This book makes it easier to talk about a difficult topic. Children can learn tools taught in this book to give them coping skills for future life challenges.

Parr, Todd. **The Family Book**. Little, Brown & Co. (2003).

An illustrated book for very young children (under 6) discussing ways in which families differ, but stressing that each family can help its members be strong as well as unique and special.

Ransom, Jeanne, author; Kathryn Finney, illustrator. **I Don't Want to Talk about It**. Magination Press/American Psychological Association (2000).

In this text and picture book, the main character, a little girl, learns her parents are going to get divorced. She imagines that she can morph into different animals that represent her feelings of loss, sorrow, anger, and fear. Her parents reassure her that they will both be in her life every week and that she can communicate with either one whenever she wants. The book contains an afterword by Dr. Philip Stahl that discusses some of the common emotional reactions of children and some practical advice for creating a secure structure for children going through their parents' divorce.

Rogers, Fred **Let's Talk About It: Divorce**. Philomel Books (1996).

In a simple, straightforward text, Mr. Rogers offers young readers reassurance that divorce is the result of differences between the parents, and is not the result of anything the children have done wrong. He lets them know that it is important to be able to talk about feelings and that all feelings arising from the divorce are acceptable. The book is intended to encourage discussion between children and parents.

Schmitz, Tamara. **Standing on My Own Two Feet**. Price Stern Sloan/Penguin Young Readers (2008).

A illustrated book for pre-school children discussing that a child of divorce will have two homes and that both parents will always love him and make him feel safe, despite all the changes in the life of his/her family.

Spelman, Cornelia, author; Parkinson, Kathy (illustrator): **Mama and Daddy Bear's Divorce**. Albert Whitman & Co. (1998).

The bear, Dinah, must contend with her parents' divorce, living with her mother during the week and with her father on weekends. She and her younger sister miss the parent they are not with during those times, but come to appreciate the reunions when returning to each parent. Even when Dinah could not be with one parent, she could communicate by phone or letter. She comes to learn that her parents will always be her parents and would always love her.

Stinson, K. **Mom and Dad Don't Live Together Anymore.** Firefly Books. (1988).

A little girl is sad that her parents are divorced. Now she and her brother live with her mother during the week and with her father on the weekends. The brief text captures the essence of a child's feelings about divorce, the guilt, the wishes, and the fears. It also manages to convey a positive message that parents still love their children after a divorce, even if they cannot do it living together.

Thomas, Pat. **My Family's Changing: A First Look at Family Break-Up.** Barron's, (1999).

This picture and textbook can be read to children or by a school-age child. It covers all of the feelings a child might have, because of his/her parents' divorce and provides a series of questions to help a child express his/her feelings and discover ways to cope with the many changes that come with divorce.

Walsh, Melanie. **Living with Mom and Living with Dad.** Candlewick Press (2012).

In this picture book with flip-open pages, the main character is a young girl with two homes. Her parents do different activities with her and share some of them. She can talk with either of them when she wishes and she realizes that both her parents - and her extended families - love her very much.

Weininger, B. & Marks, A. **Good-bye Daddy.** Horn Book Co. (1995).

Sad and angry, Tom refuses to say good-bye to his father after their visit. His teddy bear then tells him a story about a young bear whose parents didn't live together either but who came to understand that he was very loved anyway. The text, which names feelings honestly, is full of comforting words and images and is further enhanced by the watercolor illustrations.

Winthrop, Elizabeth, author; Sandin, Joan, illustrator. **As the Crow Flies.** Clarion Books (1998).

Michael's father lives in Delaware and his mother in Arizona ("7 states as the crow flies"), although they do not communicate except to make plans about Michael. Michael's father comes to stay nearby for a week each year and they live together during that time at a local motel. His father takes him to school that week and they get to do various activities at other times. His father gets to spend some time in Michael's 2nd grade class near the end of this week and share some school activities with him. At the end of

the week, Michael begins to miss his father before his dad even leaves, but he learns that he will be able to fly out to see his father for part of the next summer.

LATER SCHOOL AGE CHILDREN

(These are books that children can read themselves):

Blackstone-Ford, J. et.al. **My Parents are Divorced, Too: A Book for Kids by Kids.** Magination. (1998).

Been there, done that - that's the message of this friendly book told by kids who have survived their parents' divorce and are now sharing their hard-won wisdom with other kids. The book asks - and answers- the toughest questions that all kids have about divorce. It was selected as the 1997 "Pick of the Lists!" by the American Booksellers Association.

Blume, J. **It's Not the End of the World.** Yearling (1986-Reissue).

I want a mother and father and I want them to live together - right here- In this house! Karen Newman can't believe it when her father moves out. How could her parents do this? Don't they know they belong together? Somehow Karen has to get her mom and dad to talk to each other face-to-face. Maybe then they'll realize divorce is a mistake. But can she think of a plan soon and one that works?

Cleary, B. **Dear Mr. Henshaw.** Morrow (1983).

This Newberry Medal-winning book, by the terrifically popular and prolific Beverly Cleary, exhibits a subtlety and sensitivity that will be appreciated by any child who feels lonely and troubled during the transition into adolescence. In this book, a sixth grader, living with his mother and with an absent father, writes to his teacher and in his diary about his experiences. "A wise and funny book about finding one's place in the world."

Danziger, Paula. **Amber Brown Sees Red.** Putnam (1997).

Part of a series of Amber Brown chapter books, the main character is a 4th grade girl trying to deal with growing up with divorced parents who live across the country from each other. Amber lives primarily with her mother, who has a new boyfriend that her mother plans to marry. Amber tries to deal with the multiple stresses this causes, in terms of her conflicted loyalties, her adjustment to the idea of a stepfather, and her sadness at missing her father. The book deals with some humor about her growing up in the midst of these issues.

Danziger, Paula. **I, Amber Brown.** Putnam (1999)

In this edition, Amber's is 9. Her mother has remarried and Amber has to cope with different religious holidays. She also wants to have her ears pierced, but her parents disagree about that, and she plays one off against the other in her desire to get her way. She manages to have that done, but suffers from guilt and anxiety about what will happen when her mother finds out.

Gardner, R. **The Boys and Girls Book About Divorce.** Bantam Young Reader. (1985-Reissue).(*Available in Spanish*)

A child psychiatrist, psychoanalyst, and veteran counselor of divorced families, Dr. Gardner offers warm reassurance and honest answers to questions frequently asked by children of divorced parents. If your parents fuss at you does it mean they don't love you? How can you tell if your father loves you if he lives in another city? Are you "bad" when you get angry with your mother or father? Why is it a mistake to talk to one parent about another? Do you blame yourself for your parents' divorce? This warm and honest book provides reassuring answers to these and many more crucial questions children ask about divorce.

Krementz, J. **How It Feels When Parents Divorce.** Knopf. (1988).

Nineteen children from ages 7-17 and from diverse backgrounds, share their deepest feelings about divorce. By listening to them, all children of divorced parents can find valuable ways to help themselves through the grim times. One reviewer wrote, "She has captured the real thing, and in the rawness of the children's experience, she touches home." This is "compelling, instructive reading for children and adults."

Lawrence, C. **The Broken Letter, Divorce Through The Eyes of a Child.** Shannon. (2000).

Randy Maxwell is only twelve years old when he joins millions of other children left fatherless by divorce. Follow his thoughts through letters to his father in this unique novel, as the effects of divorce become painfully real and personal in the letters.

Nickman, S. **When Mom and Dad Divorce.** Simon & Shuster. (1986).

A pediatric psychiatrist, Dr. Nickman uses 7 stories of typical situations to provide insights into children and divorce. He provides a realistic view of what separation and divorce might be like for 8-14 year old children with suggestions for getting through this tough time.

Prokop, M. **Divorce Happens to the Nicest Kids: A Self Help Book for Kids.** Alegran House (1996).

Psychologist Michael S. Prokop explains divorce in a positive and reassuring manner as he concisely disproves fourteen false beliefs concerning divorce that often cause children and adolescents to feel anxious, guilty, nervous, and depressed. After each false belief, the “parent’s section” discusses important recommendations for divorcing parents. The book takes the reader, step-by-step, from “False Belief” to “True Statement” as it discusses such critical issues as causes of divorce, parental problems and remarriage, living with one parent, fears of abandonment, living on less money, academic regression, mood swings, support people, and more.

ADOLESCENCE

(The following are books that your adolescent can read to learn more about divorce)

Bolick, N. **How to Survive Your Parents’ Divorce.** Franklin Watts (1994).

The children in this book themselves evoke a variety of common issues-being caught between two angry parents, changing roles and responsibilities within the family, living with a stepparent, experiencing abuse - and Bolick has left their individual voices, often filled with pain and anger, strong and distinct. In the final chapter, she stresses the importance of communication (you can’t “suck it up and get on with it”) and suggests some ways young people can begin their personal healing process. A short list of further readings is appended.

Cleary, B. **Strider.** Morrow (1991). *(Available in Spanish)*

In this sequel to *Dear Mr. Henshaw*, the boy is now 14, his parents are divorced, and he lives frugally with his mother. He finds and befriends a hungry dog on the beach, all the while continuing to write in his diary. “A warm and funny book about friendship and growing up.”

Herzig, A. **Shadows on the Pond.** Little, Brown (1985).

A girl has to cope with her parents’ deteriorating marriage and her lack of understanding about what is occurring. While spending time away from home with her mother, she develops friendships with a boy and a girl, one of whom has already gone through his parents’ divorce and come to terms with it. While dealing with the issues, the overriding theme of the book is reconstruction.

Kimball, G. **How to Survive Your Parents' Divorce.** Equality (1994).

Over 250 young people share how they cope with their parents' divorce. Twenty counselors add their insights.

Krementz, J. **How it Feels When Parents Divorce.** Knopf (1988).

Nineteen children from age 7-17 and from diverse backgrounds, share their deepest feelings about divorce. By listening to them, all children of divorced parents can find valuable ways to help themselves through the grim times. One reviewer wrote, "She has captured the real thing, and in the rawness of the children's experience, she touches home." This is, "compelling, instructive reading for children and adults."

Schneider, M. And Zuckerberg, J. **Difficult Questions Kids Ask and Are Too-Afraid-to-Ask-About Divorce.** Fireside (1996).

In a question-and-answer dialogue format, the authors tackle the concerns hidden behind what kids say, they provide suggestions for the dealing with the problems, whether there be feelings of blame, desertion, or a child's hopes for reconciliation. This invaluable book explores the obvious and the hidden fears that haunt children as they weather the painful confusion of a divorce. It shows parents how to tell the truth without frightening children, how to strengthen the parent-child relationship, and how to build trust.

Stern, Z. And Stern, E. **Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids.** Tricycle Press (1997, Revised and Updated, 2008).

Nearly one out of every two marriages ends in divorce, but it doesn't have to spell disaster for the kids. With the right guidance and encouragement, they cannot only survive divorce, but also truly thrive. Here is an honest, positive, and practical book, written by kids for kids, full of things they really want to know.

ADDITIONAL READINGS FOR PARENTS

The following books and articles represent only a fair sample of those that are helpful to parents in understanding the process of divorce for adults as well as children. They should be available at the Self-Help sections of most large booksellers, in the public library, or at on-line booksellers.

Ackerman, M. (1996). **Does Wednesday Mean Mom's House or Dad's House? Parenting Together While Still Living Apart.** Wiley.

Two million parents divorce every year. In this wise and practical guide, Ackerman helps parents deal with the legal and emotional issues of child custody in divorce. He does not focus on "winning" custody battles, but on finding the best arrangement for both parent and child. The book guides parents through coping with children's guilt, fear and feelings of abandonment, as well as practical issues such as custody disputes, relocation, remarriage, and long distance co-parenting.

Ahrons, C. (1994). **The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart.** HarperCollins.

An internationally acclaimed social scientist and family therapist offers timely and welcome news for the millions of separated and divorced parents: in more than 50 percent of divorces today, couples succeed in preserving a positive environment for their children. This book provides practical guidelines for raising healthy, well-adjusted children during this stressful time.

Arizona Family and Conciliation Courts 2011 Summit Project: **Co-Parenting Communication Guide.** Available on-line at:
<http://www.afccnet.org/Portals/0/PDF/AzAFCC%20Coparenting%20Communication%20Guide.pdf>

Available free and downloadable on-line, this publication consists of a useful set of guidelines and text to improve and maintain information sharing and cooperation between divorced or separated parents. Also contains resources for using joint calendars and on-line applications for enabling the sharing of child-related information.

Baker, Amy & Andre, Katherine. (2015). **Getting through My Parents' Divorce: A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts.** New Harbinger Publications

This workbook is for children who have about a 4th grade reading level. Its goal is to help children whose parents are in conflict learn to understand their own perceptions, feelings, and values, so as not to get caught up in those parental conflicts.

Baker, Amy; Bone, J. Michael; & Ludmer, Brian (2014). **The High-Conflict Custody Battle: Protect Yourself and Your Kids from a Toxic Divorce, False Accusations, and Parental Alienation.** New Harbinger Publications

This recent book is a legal and psychological guide, featuring specialists in the area of parental alienation, who provide advice when a parent may be anticipating litigation over the custody of their children.

Benedek, E. (1998). **How to Help Your Child Overcome Your Divorce.** Newmarket Press.

Written by one of the most respected experts in child and forensic psychiatry, this book offers parents the latest information and direct advice, it includes numerous case examples, information on support groups, and answers to some of the most common questions on which divorced parents seek guidance.

Berman, Claire. **A Hole in My Heart: Adult Children of Divorce Speak Out.** Fireside Books (1991).

For this book, the author interviewed about 50 adults whose parents had divorced, providing insight, albeit retrospectively, into their memories and feelings of how their childhood was affected. Also interesting were the insights into how a parent's divorce affected their own fears and experiences with adult intimate relationships. One caveat with this book is that many of the interviewees' parents were divorced at the very beginning of the divorce revolution ('60's-70's), which may not translate directly into experiences of children whose parents divorce today.

Blau, M. (1993). **Families Apart: Ten Keys to Successful Parenting.** New York: Perigee.

Based on interviews with divorced parents, children, family therapists, and psychologist, this book by award-winning journalist, Melinda Blau, offers ten solid principles designed to enable parents and children to function as a family even though they no longer live together.

Carroll, Joanne-Pedro (2010). **Putting Children First: Proven Strategies to Help Children Thrive through Divorce.** Penguin Group

Written by a psychologist with many years of experience working with children, this book helps parents see divorce through a child's eyes and offers thoughtful and sensitive advice about helping them through this process. Dr. Carroll covers the many stages of divorce, from a child's initial awareness of parental separation through to the emergence of new relationships in theirs and their parents' lives. One of the better books in this genre

Doss, B. (1998). **But... What About Me! (How it Feels to be a Kid in Divorce) (What About Me? Series).** Bookmark.

Bonnie Doss reveals her love for children not only in her writing, but through her long history of befriending and assisting children of all walks of life. Her ability to connect with young children is uncanny. In *But... What About Me!*, she shows her talent for being able to articulate for children the thoughts and concerns they feel. The child-like language and simplistic illustrations are invaluable in gaining a better understanding of children who experience the divorce or separation of their parents. This book is powerful and enlightening and truly speaks from the child's perspective.

Emery, Robert (2004). **The Truth about the Children of Divorce: Dealing with the Emotions So You And Your Children Can Thrive.** Plume Books.

The author is one of the leading researchers on divorce and a practicing clinician. He integrates 25 years of research on children and divorce with his years of clinical experience to offer solid information about the emotional course of divorce for children. He provides guidance as to what helps to make kids resilient, how to make workable and developmentally appropriate parenting plans, and how a parent's consistent love and limit-setting can make for the best outcomes in divorce. One of the best books for parents.

Faber, Adele & Mazlish, Elaine (2012). **How to Talk So Kids Will Listen & Listen So Kids Will Talk.** Simon & Shuster (3rd Edition)

This book, a national bestseller for 30 years, is not specifically for separated and divorcing parents, but contains information about dealing with children's behavior and feelings in ways that are supportive and empathic, yet firm. The new edition contains letters from parents over the years about their experiences and a final chapter written by the daughter of one of the authors about her experience being parented as well as in being a parent herself.

Farber, Edward (2013). **Raising the Kids You Love with the Ex You Hate.** Greenleaf Books.

Among the more recent of books, this publication focuses on some of the practical issues each divorced parent faces in raising children. Explaining the potential harm to the child of high conflict, it tries to provide practical advice for parents who struggle to keep the peace between each other and to remain cooperative. It stresses the importance over the long journey of development of strong relationships with both parents.

Friedman, Barry (2005). **The Divorcing Father's Manual: 8 Steps to Help You and Your Children Survive and Thrive.** Men's Studies Press.

The author has created, in essence, a manual for separated and divorced fathers who want to remain active in their children's lives. It stresses a non-adversarial relationship with one's 'ex' and sets out a series of tasks, with self-help/self-examination questions, the answers to which will guide a dad on the path of being a consistent and significant parent.

Galper, Miriam (1978). **Co-Parenting: A Sourcebook for the Separated or Divorced Family.** Running Press.

This is an older book, but ahead of its time, as the author, a clinical social worker, used her own experience as a divorce parent with shared parenting to provide guidance about the best ways to cooperate with her ex. Some of the information predates the bulk of research on children and divorce, but the practical advice for working together with an 'ex' is timeless.

Gardner, R. (1991). **The Parents' Book About Divorce.** Bantam Books.

Written by a child psychiatrist, this book deals in a chronological fashion with the stages of divorce, including how and when to tell kids about an impending separation, informing friends and teachers, and adjusting to new homes and step families. It never simplifies problems, but there is specific and sound practical advice within the sometimes technical text.

Garrity, C., and Baris, M. (1994). **Caught in the Middle: Protecting the Children of High-Conflict Divorce.** Lexington Books.

The authors are child psychologists who concentrate on the field of divorce counseling. In this book they explain how high-conflict divorce affects children and offer

strategies for reducing the damage. This is a good book for both parents and professionals working with divorcing families.

Glass, George & David Tabatsky (2014). **Blending Families Successfully: Helping Parents and Kids Navigate the Challenges So That Everyone Ends Up Happy**. Skyhorse Publishing.

This book discusses the challenges of new relationships after divorce, dealing with the ex-spouse/partner in a constructive way, and creating healthy ways of integrating the new partner into a blended family structure. The authors provide concrete and practical advice for negotiating the challenges of creating a new family structure

Hart, A. (1997). **Helping Children Survive Divorce: What to Expect; How to Help**. World Books.

Psychologist Archibald Hart asserts that divorce inevitably affects children in profound ways, but that there are specific ways divorcing parents can help them cope with the psychological and social difficulties they face.

Johnston, Janet (ed.). (1997). **Through the Eyes of Children: Healing Stories for Children of Divorce**. Free Press.

Written by a leading authority on child psychology and divorce, this book is a valuable and much needed tool for parents and professionals who work with children struggling with family breakup. The fifteen stories in this unique anthology provide a safe and effective way to help children understand and cope with their parents' separation and living apart. For generations, stories have been a foundation for teaching children. *Through the Eyes of Children* continues that tradition and allows children the chance to recover and heal from divorce.

Kalter, N. (1990). **Growing Up With Divorce: Helping Your Child Avoid Immediate and Later Emotional Problems**. Fawcett-Columbine.

New research shows that in divorce situations it is often the children who suffer the most, experiencing emotional distress that can have a long-term impact no matter what the circumstances of the divorce or the age of the child at the time. *Growing Up with Divorce* explains how and why children are affected.

Klatte, W. (1999). **Live-Away Dads: Staying a Part of Your Children's Lives When They Aren't a Part of Your Home.** Penguin USA.

Written by a veteran social worker, therapist, and men's counselor, who has spent many years as a live-away (divorced) father himself, *Live-Away Dads* is a practical and encouraging guide for fathers who want to make the best of their relationships with their children after a divorce or breakup.

Knox, D. And Leggett, K. (1998). **The Divorced Dad's Survival Book: How to Stay Connected with Your Kids.** Perseus Books.

Demonstrating clearly how to navigate the process of getting a divorce while minimizing the negative impact on one's children, this guide shows how fathers can use the divorce process to cultivate and improve a healthy relationship with their kids.

Lansky, V. (1996, 2005). **Vicki Lansky's Divorce Book for Parents: Helping Your Children Cope With Divorce and Its Aftermath** (Revised edition). Book Peddlers.

A pragmatic yet warm and understanding guide for parents and children on just about every aspect of divorce. From tips on talking to the kids about it, to information on negotiating the realities of custody and child support, Lansky demystifies the divorce process, including the emotional aspects. A writer of many parenting books, Lansky is also a divorced, single mother.

Leach, Penelope (2015). **When Parents Part: How Mothers and Fathers Can Help Their Children Deal with Separation and Divorce.** Knopf.

This new book by a renowned and oft-published pediatrician gives useful information about the experience of divorce for children of different ages. She offers useful guidance for parents who deal with the common challenges of divorce in ushering their children through all those developmental stages.

Long, Nicholas & Forehand, Rex (2002). **Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust.** Contemporary Books.

The authors of this book have created and run educational programs for divorcing families. While they first provide general information about divorce and children, they generate a series of very specific guidelines for parents to consider that support the best outcomes for children. They include guidelines for co-parenting as well as for integration of new relationships.

Neuman, M.G. (1999). **Helping Your Kids Cope with Divorce the Sandcastles Way**. Random House.

During the trauma of divorce, your needs and concerns can be frighteningly complex. Understanding and meeting the needs of your children can seem an almost insurmountable challenge. At long last, real help is at hand in a clear, concise guide to help children at the difficult time of divorce. If you're divorced (or separated) parent, then this book is a must read. The last thing you want is to sit down with a complicated book. You need a practical and inspiring resource with the quick, smart, and professional answers that will help you and your children get on with your lives happily. This book is just that.

Philyaw, Deesha & Thomas, Michael (2013). **Co-Parenting 101: Helping Your Kids Thrive in Two Households after Divorce - Practical Advice from a Formerly Married Couple**. New Harbinger Publications.

This book was written by a divorced couple, who co-parented successfully. It contains practical advice with respect to constructive practices during the legal divorce process, do's and don'ts for co-parenting with your child's other parent, and ideas about integrating new relationships (or coping with your ex's new relationships) in the context of co-parenting.

Pruett, K. (2000). **Fatherneed: Why Father Care is as Essential as Mother Care for Your Child**. The Free Press.

In this book, Dr. Kyle D. Pruett describes the importance of the father's role in child and adult development based upon his own child and family psychiatry practice and research data. Dr. Pruett offers guidance and advice for divorced fathers in maintaining engaged fathering for children of all ages. This is a useful book for attorneys and parties to help understand how fathers parent differently from mothers and why that difference is so important to a child's physical, emotional, and behavioral development

Rabinor, Judith (2012). **Befriending Your Ex after Divorce: Making Life Better for You, Your Kids, and, Yes, Your Ex**. New Harbinger Publications.

This book was endorsed by some significant writers and researchers in the field of divorce. The author, a psychologist, uses her own experience in divorce and co-parenting - and the "befriending" stories of others - to create a template to develop your own post-separation and divorce parenting arrangement. The book focuses on learning to let go of past grievances, with many exercises and questions to develop self-awareness, and to begin to plot a new path to cooperative parenting with your 'ex'.

Ricci, Isolina (1980, 1997). **Mom's House, Dad's House: Making Two Homes for Your Child - A Complete Guide for Parents Who Are Separated, Divorced, or Remarried** (Revised Edition). Collier Books.

While the original book and this revised one are the standards for making shared parenting work (including workbook-like tasks, lists, self-tests), it offers useful guidance for the whole range of co-parenting relationships post-separation. The revised and re-written edition includes guidelines for co-parenting with new partners or spouses and for long-distance parenting.

Ricci, Isolina (2006). **Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two**. Fireside Books.

The book appears to be intended for readers of middle school and older, or good readers of later elementary school. It helps such children or adolescents understand what is happening and their own feelings about the changes they undergo in the family. The author provides many tips and exercises for her readers to practice what they are learning about divorce and about themselves. She offers encouragement to kids about their resiliency in navigating a difficult set of transitions in life. It is a companion book to Dr. Ricci's original volumes for parents.

Ross, Julie & Corcoran, Judy (2011). **Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex - a Hands-on, Practical Guide to Communicating with a Difficult Ex-Spouse**. (Revised Edition).

This book, first published in 1996, focuses on understanding problems that arise with an 'ex' who is not cooperative, learning to own one's responsibility in the conflict, and developing useful and constructive communication methods, direct and electronic, to improve co-parenting.

Rothchild, G. (1999). **Dear Mom and Dad: What Kids of Divorce Really Want to Say to Their Parents**. Pocket Books.

A very concise guide to help children at the difficult time of divorce.

Royko, D. (2000). **Voices of Children of Divorce**. Griffin.

As a divorce mediator and clinical psychologist, Dr. David Royko has interviewed more than one thousand children of divorce and has come to believe that children can see their situation with a clarity and degree of insight that surpasses that of their feuding parents. Providing observations and insights to help understand what

divorce is like for children, Dr. Royko offers advice for parents and other interested adults to help children better cope with the trauma. But what is most uniquely moving are the voices of the children themselves, from kindergartners through young adults, talking eloquently about their experience of divorce.

Shulman, D. (1997). **Co-Parenting After Divorce: How to Raise Happy, Healthy Children in Two-Home Families.** Winnspeed Press.

An easy to read how-to guide. To succeed as co-parents after divorce, couples, who have been unable to make their marriage last must create a new working relationship as parents. “Co-Parenting After Divorce,” is a useful tool to help newly divorced parents focus on their children in a constructive way in spite of their differences.

Stahl, Philip (2000). **Parenting after Divorce: A Guide to Resolving Conflicts and Meeting Your Children’s Needs.** Impact Publishers.

A renowned custody evaluator, mediator, and researcher, as well as a divorced parent himself, the author offers insights from personal, clinical, and research experience and guidelines to usher your children through the many changes in the family created by divorce. He puts some emphasis on creating workable co-parenting plans as well as way to avoid or resolve conflict.

Teyber, Edward (2001). **Helping Children Cope with Divorce** (Revised Edition). Jossey-Bass.

This parenting book divides its focus into three sections. One is understanding your child's perspective and experience, and the general effects of divorce on children; the second deals with co-parenting with your ‘ex’; and the last section covers the typical parenting challenges you may be faced with, such as loyalty conflicts, discipline/limit-setting challenges, and the role of a parent's new relationships in the child's life. Each chapter concludes with suggestions for further reading

Thayer, E. & Zimmerman, J. (2001). **The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce.** New Harbinger Publications.

This book contains very common-sense solutions to parents engaged in high-conflict over their children. It teaches parents to disengage from old marital fights and focus on a business-like relationship with respect to their children. Has a chapter on twelve rules to follow in creating this co-parenting plan.

Thomas, Shirley (2005). **Two Happy Homes: A Working Guide for Parents and Stepparents after Divorce and Remarriage**. Springboard Publications.

The author focuses on divorced parents who have remarried or re-partnered (blended families), describing the common challenges and problems in these new family structures. She then sets out a set of rules, so to speak, for creating workable relationships within one's own stepfamily and for communication and cooperation with the family of one's 'ex'.

Trafford, A. (1982). **Crazy Time**. Harperperennial.

Intelligent, insightful, and based on Abigail Trafford's personal experience, extensive research, and interviews with hundreds of divorced men and women, "Crazy Time," charts the emotional journey of the breakup of marriage - identifying the common phases that lead to separation, divorce, and eventually, to a new life.

Wallerstein, J and Blakeslee, S. (1989). **Second Chances: Men, Women, and Children a Decade After Divorce**. Ticknor and Fields.
(Available in Spanish)

This is a report on the Children of Divorce Project fifteen years after their parents divorced. It contains real-life case studies that reveal the long-term effects of post-divorce parenting on our kids, as opposed to the traditional, "self-help," guides. This book has "real scenarios, with real kids, and real outcomes."

Wallerstein, J., Lewis, J., and Blakeslee, S. (2000). **The Unexpected Legacy of Divorce: A 25-Year Landmark Study**. Hyperion.

This volume offers structured interviews with the adult children of divorce. The authors have used a comparison group of peers in non-divorced families (happy or unhappy) to suggest the cumulative impact of divorce. The authors challenge two myths; one, that if parents are happier, children will be happier too and two, that "divorce is a temporary crisis that exerts its most harmful effects... at the time of the breakup." For consequences in adulthood, particularly as these children of divorce seek to form their own adult relationships. The book includes suggestions about how parents, courts, and social workers can help children cope with the end of their parents' marriage.

Wallerstein, J., and Kelly, J. (1980). **Surviving the Breakup**. Basic Books.

Based on the Children of Divorce Project, the landmark study of how children, adolescents and their parents cope during the first five years after a family dissolution, “Surviving the Breakup,” revolutionized the way society thought about divorce. Among other things, its findings showed how the adjustment of the child depends more on what happens after the divorce than on conditions in the pre-divorce family, that the father-child relationship does not diminish in importance regardless of how infrequent their contact becomes and that the child’s anger and yearnings can last for an extraordinarily long time.

Warshak, R. (1992). **The Custody Revolution: The Father Factor and the Motherhood Mystique**. Poseidon Press.

A practical resource for parents faced with difficult family decisions. The carefully prepared summaries and checklists will allow couples to apply the concepts to their unique situation. Advocating for sanity and constructive mediation, the author’s vivid examples convey his years of experience working with suffering clients in the throes of their anger, fear, and desperation.

Weyburne, Darlene (1999). **What to Tell the Kids about Your Divorce**. New Harbinger Publications.

This book provides information to cover the range of issues divorcing parents must handle with their children. It has useful information related to kids of different ages and asks the reader to finish assignments and exercises to make the educational information more concrete and relevant to the specific family of the parent reader.

Wolf, Anthony (1998). **Why Did You Have to Get a Divorce, and WHEN Can I Get a Hamster: A Guide to Parenting through Divorce**. Noonday Press.

This book describes the impact of divorce on children of different ages and stages, and how parents can react to and mitigate the emotional struggles of their children. It reviews the long-term effects of divorce, issues of single and co-parenting, parenting plans, new relationships, and parenting with a new partner. It contains reasonable and practical advice for parents

CONFLICT RESOLUTION

The following adult books discuss ways of resolving conflict. Many include discussions of the effect of conflict on children.

Fisher, R., and Ury, W., (and Patten, B., for the second edition). (1981). **Getting to Yes**. Penguin Books. (Revised 1991).

This book is based upon the work of the Harvard Negotiation Project and is a step-by-step guide to coming into a mutually acceptable agreement. The book tells you how to one, separate the people from the problem; two, focus on interests, not positions; three, work together to create options which will satisfy both parties; and four, negotiate successfully with people who are more powerful and/or refuse to play by the rules. John Kenneth Galbraith says about the book, "this is by far the best thing I've ever read about negotiation. It is equally relevant for the individual who would like to keep his friends, property, and income and the statesman who like to keep the peace."

Fisher, R., Brown, S. (1988). **Getting Together: Building Relationships as We Negotiate**. Penguin.

This book is the sequent to the first edition of *Getting to Yes*. It offers more detail about handling the "people issues" in negotiation in ways that establish effective working relationships.

Friedman, G. (1993). **A Guide to Divorce Mediation: How to Search a Fair, Legal Settlement at a Fraction of the Cost**. Workman Publishing Company.

This book explains the process of divorce mediation from the perspective of a lawyer who became a mediator. The book offers case studies that show how divorcing couples use mediation.

Saposnek, D. (1998 Revised Edition). **Mediating Child Custody Disputes**. Jossey-Bass Publishers.

In this book, psychologist Donald Saposnek, a pioneer in the field of child custody mediation, reviews the process of custody mediation. He offers case studies that illustrate the process of mediation.

Stone, D., Patton, B., Heen, S. (1999) **Difficult Conversations: How to Discuss What Matters Most.** Viking.

Douglas Stone, Bruce Patton, and Sheila Heen teach at Harvard Law School and the Harvard Negotiation Project. This book offers a step-by-step approach for understanding and conducting difficult conversations. It shows how to get ready, how to start the conversations in ways that reduce defensiveness and how to keep the conversation on a constructive track regardless of how the other person responds.

Ury, W. (1991). **Getting Past No: Negotiating Your Way From Confrontation to Cooperation.** Bantam Books.

In this book, one of the authors of “Getting to Yes,” offers suggestions for dealing with difficult people and difficult situations.

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