

## Loan Library

All materials are available for loan (free of charge) from ParentLink by calling 1-800-552-8522 or visiting us on the web at <http://parentlink.missouri.edu>.

### Books on Separation and Divorce

#### Books for Children

***Charlie Anderson*** (1995) by Barbara Abercrombie and Mark Graham

A cat comes out of the night to steal the hearts of two sisters who look forward to his sleeping on their beds, until one day Charlie doesn't come home and they learn a surprising secret about him.

***Dear Judge (Kid's Letters to the Judge)*** (2002), by Charlotte Hardwick

What do you do when you are a child and your heart is breaking? You go to the biggest, strongest people you know. You go to the people you have always counted on. You go to your parents. What do you do when your parents tell you there is nothing they can do to help you? What do you do when they say they don't get to decide where you live or which one of them you get to kiss good night? Well, these children went straight to the Judge with their hopes, questions, and fears. Do you see your child in any of these letters?

***I Don't Want to Talk About It*** (2000) by Jeanie Franz Ransom and Kathryn Kunz Finney

After reluctantly talking with her parents about their upcoming divorce, a young girl discovers that there will be some big changes but that their love for her will remain the same. Includes an afterword for parents on helping children through such a change.

***It's Not Your Fault, Koko Bear: Read-Together Book for Parents and Young Children During Divorce*** (1998) by Vicki Lansky

This book helps children learn what divorce means, deal with changes in their everyday lives, talk about their feelings, and understand that divorce is not their fault, among others. Each page includes tips for parents. For children ages 3-7.

***Mama and Daddy Bear's Divorce*** (2001) by Cornelia Spelman and Kathy Parkinson

Dinah Bear feels sad and scared when her parents say they are going to divorce.

***My Parents are Divorced Too: A Book for Kids by Kids* (2006)**

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. Asks - and answers - the toughest questions that all kids have about divorce.

***Robert Lives With His Grandparents* (1995)** by Martha Whitmore Hickman and Tim Hinton  
Robert is embarrassed to admit to his classmates that he has lived with his grandparents ever since his parents' divorce.

***Two Homes* (2003)** by Claire Masurel and Kady MacDonald

A young boy named Alex enjoys the homes of both his parents who live apart but love Alex very much.

***Was it the Chocolate Pudding? A Story for Little Kids About Divorce* (2005)** by Sandra Levins and Bryan Langdo

When a young boy's parents divorce, he thinks it's because of the chocolate pudding he and his brother smeared all over the wall. If only he had brought a spoon! With this gentle story, young children can begin to understand that divorce is about grown-up problems, while getting comforting answers to their most pressing questions. Also includes a comprehensive forward for parents about helping children deal with emotions and reactions to separation and divorce. For ages 2-6.

***When Mom and Dad Separate: Children Can Learn to Cope With Grief From Divorce* (1991)** by Marge Heegaard

Discusses basic concepts of marriage and divorce. Offers children a creative way to sort out the stressful feelings of grief caused by change.

**Books for Parents and Professionals:*****Be a Great Divorced Dad* (1998)** by Kenneth N. Condrell

Considering divorce an opportunity for growth and great parenting, this book offers insights into problems of divorced dads, dealing with a child who rejects them, moving on to dating and other relationships, avoiding the 10 most common divorced dad pitfalls, and more.

***Child Custody: Building Parenting Agreements that Work* (1999)** by Mimi Lyster

This book shows parents how to overcome obstacles and build win-win custody agreements that everyone, especially children, can live with. It offers techniques for handling conflicts, for managing custody when a parent moves away, and for dealing with changes in the law.

***Children of Divorce: Stories of Loss and Growth* (2004)** by John H. Harvey and Mark A. Fine  
Features excerpts of stories collected from hundreds of young people. The narratives embrace such themes as despair, chaos in the family, and "missing" dads. The volume paints a picture of

the pain, the hope, and the resiliency shown by young adults while in the throes of divorce and in the years to follow. These poignant narratives are framed by an analysis of the most recent divorce literature. The book clearly demonstrates the value of storytelling in helping people deal with major loss events in their lives. The authors' hope is that by examining these experiences, we will gain a greater understanding of the effects of divorce and ultimately strengthen relationships in the future.

***Divorce Book for Parents: Helping Your Children Cope with Divorce and its Aftermath*** (1996)  
by Vicki Lansky

Advice to parents on how to help their children know what normal behavior to expect, language to use, and not to use, and useful tips to get children through this difficult time.

***Growing Up With Divorce: Helping Your Child Avoid Immediate and Later Emotional Problems*** (1990) by Neil Kalter

Contains information on how a child's sex and age determines their reaction to divorce, recognizing signs of distress and private fears, and communicating with children in a direct and non-threatening way.

***Helping Your Child Through Your Divorce*** (1995) by Florence Bienenfeld

This book explains how you can create a safe, nurturing environment for your children so they can recover from the trauma of your divorce—and go on to heal and thrive.

***Helping Your Kids Cope with Divorce the Sandcastles Way*** (1998) by Gary M. Neuman and Patricia Romanowski

Based on Gary Neuman's successful Sandcastles program. Shows you how to build a co-parenting relationship, when you or your child should see a therapist, age-appropriate scripts for addressing sensitive issues, what to do when a parent moves away, how to stop fighting with your ex-spouse, how to navigate the emotional turmoil of custody and visitation, and more.

***Life After Divorce: How to Grow Through a Divorce—Practical, Biblical Steps From an Expert Who's Been There*** (1993) By Bobbie Reed

A practical handbook for growth through each stage of recovery from divorce. The book includes activities to promote healing such as journal keeping, reflection questions and daily affirmation. Addresses practical concerns to help you, your children, and your relationships.

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

Using his own experiences and skills acquired as a family court social worker and counselor, the author shows divorced and separated fathers how to cope with the courts, handle their strong emotions, deal with their children's mothers, build close relationships with their children, and stay involved with them for life.

***My Kids Don't Live With Me Anymore: Coping With the Custody Crisis*** (1988) by Doreen Virtue  
Answers questions like: How do you care for the inner you during this extended period of stress and readjustment? How do you face your deepest fears about what will happen to your kids? How do you make sure your topsy-turvy emotions don't interfere with a loving parent-child relationship? What do you say to people who just don't understand how you could live without your kids? This book offers encouragement, affirmations, and practical solutions.

***Nonresidential Parenting: New Vistas in Family Living*** (1993) by Charlene Depner and James Bray

This book takes a multi-dimensional approach that views the family as an entity that changes over time, exploring such issues as variation in non-residential parenting across ethnic groups, financial implications of parenting apart, patterns of involvement of non-residential parents, and children's adjustment to remarriage. Included in each chapter are implications for further research and social policy. A final section offers new directions for multidimensional approaches to research, policy, and practice.

***Second Chances: Men, Women, and Children A Decade After Divorce: Who Wins, Who Loses, and Why*** (1989) by Judith S. Wallerstein and Sandra Blakeslee

A vivid and compelling account of what happens during, after, and long after divorce, based on a study of 60 middle class families.

***Teens Are Non-Divorceable: A Workbook for Divorced Parents and Their Children, Ages 12-18*** (1990) by Sara Bonkowski

Help for divorced parents trying to deal with their teenagers. Contains exercises, suggestions, and information for vital issues to teenagers.

***Wednesday Evenings and Every Other Weekend: From Divorced Dad to Competent Co-Parent: A Guide for the Non-Custodial Father*** (2001) by Daniel F. McClure and Jerry B. Saffer

Written by experienced child psychologists, this book is designed to help non-custodial fathers with a most important job, co-parenting their children, by addressing two critical issues: nurturing children of divorce and supporting caring, competent fathers.

***When Children Grieve: For Adults To Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses*** (2001) by John W. James, Russell Friedman, and Leslie Landon Matthews

The authors of this book present information to help adults free children from the idea that they shouldn't feel bad about a loss, whether it is from the death of a relative, a divorce, moving to a new neighborhood, or losing a prized possession.

***Your Child's Divorce: What to Expect. . .What You Can Do*** (2006) by Marsha Temlock

This book offers parents a friendly guidebook packed with helpful information and suggestions from parents who've "been there." A five-stage model of the divorce process for parents (Accepting the News... Rescuing Your Child... Responding to Changes... Stabilizing the Family...

Refocusing and Rebuilding) is described to help readers to stay grounded through the emotional upheavals they'll share with their children and grandchildren. This practical manual puts an arm around the shoulder of parents of divorcing adults and supports them through the difficult days of the divorce process and its aftermath.

## **Curricula**

***Successful Parenting: Part Seven: The Single Parent Family: A Challenge for Parents*** (1999) by Barbara L. Taylor and Robin Richards

This video and accompanying facilitator's guide detail the single parent family from the point of view of the parent. It contains information about how to parent effectively and talk compassionately with children about issues like death and divorce.