



Focus On Kids

Book List

(rev. 10/15/07)

Books for Preschool Aged Children (under age 6)

Laurene & Marc Brown (1986) Dinosaurs Divorce: A Guide for Changing Families

Publisher: Little Brown.

Direct and lively text plus definitions of terms address various aspects of divorce, including: Visitation, the "Why's" of divorce, Telling friends and more. It is a good vehicle for family discussion on the confusion, misconceptions, and anxieties often associated with divorce. This well-illustrated book has received numerous awards. It is an excellent choice for pre-school and also school-age children.

\$6.95

Linda Girard (1991) At Daddy's on Saturdays

Publisher: Albert Whitman & Company.

After Katie's parents divorce, her daddy moves away. Saturday seems far away, but her mother and her teacher help her until Saturday, when she does see her father. Young children will find reassurance in this realistic but warm story of a divorce told from a young girl's point of view. Text is also suited for early elementary-age children.

\$5.56

Vicki Lansky (1998) It's Not Your Fault, Koko Bear

Publisher: Book Peddlers.

This book is designed for parents and children ages 3 to 5 years to read together. Messages for parents help make a connection between the story and what happens to children in real families. KoKo Bear faces situations that help him learn what divorce means, and that he is not to blame for the divorce. Koko Bear is helped to talk about his feelings and is told that he is still loved by both parents. Events of daily life that children and parents may have to face due to divorce are presented and problems are solved through talking, sharing, and sometimes special activities. Highly recommended book for this age.

\$5.99

Jillian Powell (1999) Talking About Family Breakup

Publisher: Raintree Steck-Vaughn.

Covers basic divorce and remarriage issues in straightforward text. The reader can find out why some families divorce, some of the changes that can happen when they do, and how to get used to a new kind of family. A note to adults provides suggestions for talking with children about this topic. The book's photographs represent a variety of family arrangements and ethnic groups.

\$22.83

Fred Rogers (1994) Let's Talk About It: Divorce

Publisher: Putnam.

A narrative and pictorial description is offered of three different families that are dealing with divorce. This book stresses that the divorce is not the children's fault and that feelings of fear and anxiety are normal. It attempts to make children feel more stable during a time characterized by many changes.

\$5.99

John Schindel (1995) Dear Daddy

Publisher: Albert Whitman and Company.

In this story, Jesse lives with his mother. His father lives on the other side of the country. Jesse struggles to deal with the difficulties of a long distance relationship with his father. After writing a letter to his father, Jesse finally receives an

invitation to visit. Good choice with very nice illustrations.

\$9.77

Sharon Dennis Wyeth (1996) Ginger Brown: Too Many Houses (First Stepping Stone Books)

Publisher: Random House.

When her parents separate, Ginger Brown, a bi-racial child, spends a lot of time moving from house to house. This is a touching story of a young girl's first difficult year in a changing family structure. A sensitive and reassuring book for kids in similar situations. The important role that grandparents play in supporting their grandchildren is covered in this book.

Suitable for early elementary also.

\$6.34

Beverly, H. Hopkins and Sarah, K. Hoctor (1991) Changes: My Family and Me

A very basic explanation of the possible changes a family may go through as parents divorce, remarry, have more children, etc., as seen through the eyes of the oldest child. The people are represented by basic geometric shapes in a variety of bright. The text emphasizes changes and implies the necessity of adjusting to them. Ending with the child making changes himself by graduating, getting married, and deciding to make a new family. Preschool-Grade 2

Barbara Abercrombie and Mark Graham (1995) Charlie Anderson

Two sisters, Elizabeth and Sarah, adopt the cat who appears on their doorstep every evening--but never during the day. Soon he is sleeping on their beds and answering to the name of Charlie. One night the cat doesn't come. The next day the girls discover that he lives in a house with a family on the other side of the woods, where he is called Anderson, fed by day and let out by night. They all call the cat "Charlie Anderson," and realize that he, like Elizabeth and Sarah, "has two houses, two beds, two families who love him." Kindergarten-Grade 3

Jeanne Warren Lindsay and Jami Moffett (Illustrator) (1999) Do I Have a Daddy?: A Story About a Single-Parent Child

While playing house, Erik is prompted by a questioning friend to ask his mother if he has a daddy. She tells him that he had a daddy in the beginning but that he left. She further explains that some parents get married and take care of their children together, but that she and Erik's father never married because they were so young. Erik's mother emphasizes how much she wanted him and how excited his daddy was when he was born. The story ends with the boy's mother reminding him of the important role his uncle and grandfather play in his life. The text is written in a positive and nurturing manner, and lets children know that there are many different types of family situations. An informative section for single parents on ways they can deal with this issue follows the story. Preschool-Grade 1

Nancy Coffelt and Tricia Tusa (2007) Fred Stays With Me!

A small girl's bond with her beloved pet helps her handle the disruption of her parents' divorce. She has to sleep in two different beds in two different homes, but wherever she goes, her dog, Fred, stays with her. He does make trouble--but when the grown-ups object, she is adamant that she will never let him go. Kindergarten-Grade 3

A. Marks and B. Weninger (1997) Good-Bye, Daddy! (North-South Paperback)

A calming and reassuring story about divorce. Crying and upset that his father and mother no longer live together, Tom lies in bed holding his teddy bear for comfort. The toy suddenly whispers in his ear that he has a story to tell him, and relates how a small bear who was in a similar situation came to realize that fussing and acting up weren't helping matters. Preschool-Grade 2

Angela Seward and Donna Ferreiro (2000) Goodnight, Daddy

Eight-year-old Phoebe hasn't seen her father in two years. The night before he is supposed to visit, she is so excited that she can barely sleep. In the morning, she eagerly waits for him to arrive, but he calls at the last minute to cancel. The child's disappointment is obvious; she loves her father and is perplexed by his avoidance of her. Her mother stays in the background and offers comfort, but does not utter a negative word about the man. After spending a few moments alone thinking about how the rest of her family is always there for her, Phoebe quickly recovers and rushes off to a party. A lengthy section at the end of the story gives parents advice about dealing with this type of situation. Kindergarten-Grade 4

Anne M. Perry and Tammie Lyon (2005) Just Like Always (Rookie Readers)

The narrative of a young girl's experiences with parents who don't live together. It describes the differences and similarities of living with both parents and the understated co-parenting relationship of the parents. There is also mention of visiting grandparents. Ages 4-8

Cornelia Maude Spelman and Kathy Parkinson (2001) *Mama and Daddy Bear's Divorce* (Publisher Albert Whitman Prairie Paperback)

The message of this book is that life goes on when parents divorce. And so, while Dinah misses Daddy when she is with her mother, and misses Mama when she is with her father, some things, including her stuffed animal and red sandals, remain the same. In a note to adults, the author outlines children's concerns about divorce. Preschool-Grade 1

Pat Thomas (1999) *My Family's Changing* (A First Look At Series)

This plainspoken text by a psychotherapist and counselor deals with the basic problems and feelings accompanying a divorce and is directed to children and those adults who are helping them confront this traumatic experience. The signs of an impending marital separation; experiences that may occur with divided custody; and common emotions of sorrow, anger, and loneliness are addressed. Questions designed to help youngsters discuss various aspects of their situations are interspersed throughout the narrative. Kindergarten-Grade 4

Claire Masurel and Kady Macdonald Denton (2003) *Two Homes*

Young Alex's parents are divorced, and he spends time with each of them. He has two rooms, two favorite chairs, two sets of friends, two of everything. He loves both of them no matter where he is, and they love him, no matter where they are. There is no sign of the child missing one parent when he is with the other or questioning his situation, and he seems quite well adjusted. This book is clearly intended to help parents tell their children that they are still loved despite their living arrangements. Preschool-Grade 1

Sandra Levins and Bryan Langdo (2006) *Was It the Chocolate Pudding?: A Story For Little Kids About Divorce*

With childlike innocence and humor, a young narrator living with his single father and brother explains divorce and it's grown-up words from a kid's point-of-view. Special emphasis is placed on the fact that divorce is not the child's fault, that it is a grown-up problem. Deals with practical day-to-day matters such as single-family homes, joint custody, child-care issues, and misunderstandings. Includes Note to Parents. Ages 2-6

Sandra Levins and Bryan Langdo (2005) *Was it the Chocolate Pudding?*

This story of a young boy who feels that his parents' divorce was his fault addresses common questions young children have about divorce, including whether their parents still love them, who will take care of them, and who is to blame. Ages: 2-6

Jeanie Franz Ransom and Kathryn Kunz Finney (2000) *I Don't Want to Talk about It: A Story about Divorce for Young Children*

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. Ages: 5-8 years

Books for Elementary School Aged Children (age 6-12)

Jan Blackstone-Ford, Annie Ford, Stephen Ford & Melanie Ford (1998) *My Parents Are Divorced, Too: A Book for Kids by Kids*

Publisher: Magination Press

Written in the voice of the children to help other families struggling with divorce and readjustment. This book covers subjects the children thought important when they were first dealing with divorce. The goal is to serve as a vehicle to get children talking and parents listening during a time when life seems out of control. This is most suited to later elementary-age readers.

\$11.95

Doris Brett (1986) *Annie Stories: A Special Kind of Storytelling*

Publisher: Workman Publishing.

This outstanding book discusses the use and value of stories and provides quality information about children. The parental information on divorce and children just prior to the divorce story is a clear, concise and excellent review of children's reactions to divorce. Tips are given throughout the divorce story to assist parents. This book also has stories dealing with nightmares, going to the hospital, a new baby, relaxation and more. Also suitable for pre-school age children.

\$5.95

Julia Cole (1997) My Parents' Divorce (How Do I Feel About)

Publisher: Aladdin Books Ltd.

Four children give their opinions and advice on issues surrounding divorce. A wide range of topics are covered in a concise, colorful and pleasant way. Covers dealing with change, difficult feelings and ways to feel better. This is an outstanding book, particularly for this age range.

\$19.90

Paula Danziger (1982) The Divorce Express

Publisher: Paper Star.

In this humorous novel about a joint custody family, Phoebe spends weekdays with her father in the suburbs and commutes back to the city to be with her mother for weekends on a bus called the "Divorce Express," where she has to spend too much time. Just when Phoebe thinks she's getting a handle on her life, more change occurs.

\$3.19

Debra Goldentyer (1998) Divorce (Preteen Pressures)

Publisher: Raintree Steck-Vaughn.

Short narratives provide personal descriptions from parents' and children's' perspectives regarding separation, divorce and remarriage. Discusses typical feelings preteens may have when faced with various issues and experiences such as custody, the court system, mediation and dating. Suitable for upper-elementary ages.

\$24.97

Earl A. Grollman (1975) Talking About Divorce and Separation

Publisher: Beacon Press.

Charcoal drawings and written words to help tell a young child that the parents are separating and divorcing, that it is not the child's fault, and that they will be involved in his/her life. Has parent section that explains the value of each page being read to/with the child. Also basic advice for parents on responding to the child's behavior.

\$9.95

Peter Mayle & Arthur Robins (1988) Why Are We Getting A Divorce?

Publisher: Crown.

With a blend of humor, sensitivity, and full illustrations, this book covers the many difficult issues associated with divorce, such as: why people marry, divorce misconceptions, adjusting to living with one parent, and how to deal with feelings of loss and hurt. Includes living together prior to marriage and parent meeting a new partner.

\$16.00

Barbara Pomerantz (1998) Who Will Lead Kiddush?

Publisher: Union of American Hebrew Congregations.

The author discusses the feelings of a young Jewish girl adjusting to the changes brought about by the divorce of her parents. Within the context of Judaism, there are traditions and rituals which can add continuity and stability for children whose parents are divorced.

\$6.00

Michael S. Prokop (1986) Kids' Divorce Workbook

Publisher: Alegria House Publishers.

This book provides an in-depth look at emotions and feelings about the divorce. The workbook activities help to increase self-awareness and feeling good about oneself. Addresses issues of anger, disappointment, fear, and talking with a counselor or clergyman. Information about other helpful books included.

\$9.95

Shirley Thomas & Dorothy Rankin (1998) Divorced But Still My Parents

Publisher: Springboard Publications.

This book helps children with their reactions to divorce. Parents can help by reading the book along with their children. It is organized according to the five stages of grief outlined by Elisabeth Kubler-Ross in her studies about phases of mourning that follow whenever permanent loss occurs. Each phase is explained in words children in the middle years of childhood can understand. It identifies common problems and worries faced by children, along with ideas for coping and feeling better. Includes activities and drawings. Good choice for this age grouping.

\$10.36

Elizabeth Weitzman (1996) Let's Talk About Your Parents' Divorce

Publisher: PowerKids Press.

Simple, brief book structured around divorce-related topics that are described and illustrated with photographs. Topics included cover separate homes, custody, communication and dating. Multicultural photographs are included.

\$17.26

Kent Winchester, Roberta Beyer and Elizabeth Verdick (2001) What in the World Do You Do When Your Parents Divorce?: A Survival Guide for Kids (Laugh & Learn) (Publisher: Free Spirit Publishing)

This companion to the Juggling Act parent's book is specially aimed at kids ages 7-12. It explains divorce, new living arrangements, and other basics to help children understand what's happening in their lives. With honesty and simplicity, the authors help kids realize that divorce isn't their fault, strong emotions are okay, and families can survive difficult changes. Written to and for kids, this book is also recommended for parents, educators, counselors, and youth workers. (ages 9-12)

Beverly Cleary and Paul O. Zelinsky (2000)-- Dear Mr. Henshaw --

In his letters to his favorite author, ten-year-old Leigh reveals his problems in coping with his parents' divorce, being the new boy in school, and generally finding his own place in the world. Ages: 8-12

Cynthia MacGregor (2001) -- Divorce Helpbook for Kids

A guide to dealing with the divorce of parents, discussing various reasons for divorce, the emotions experienced by the children, and ways of coping with the change. Ages: 8-12

Nancy Holyoke and Scott Nash (1999) -- Help!: A Girl's Guide to Divorce and Stepfamilies

Answers letters from girls dealing with various aspects of divorce, remarriage, and stepfamilies. Includes tips, quizzes, and advice. Ages: 9-13

Isolina Ricci (2006) -- Mom's House, Dad's House for Kids

Acclaimed divorce expert Isolina Ricci, author of Mom's House, Dad's House, provides a guide to help children cope with their parents divorce, living in two homes, and becoming part of a stepfamily. Ages: 10 and up

Books for Teens (age 13-17)

Judy Blume (1972) It's Not The End of the World

Publisher: Bradbury.

A first person narrative with a bit of humor concerning a 12-year-old girl who does not want her parents to get divorced. The typical confused emotions experienced during divorce are highlighted. The story deals with home and school environments, sibling relationships and coping after the divorce is finalized.

\$4.55

William L. Coleman (1998) What Children Need to Know When Parents Get Divorced

Publisher: Bethany House.

Completely revised and updated, this classic book is designed to be read with elementary-age children facing the trauma of divorce. The author provides an honest, understandable, and sympathetic way to help children deal with their questions and feelings and work toward emotional healing and a healthy view of themselves. Book was written from a Christian perspective.

\$6.39

Gayle Kimball (1994) How to Survive Your Parents' Divorce: Kids' Advice to Kids

Publisher: Equality=Press.

Over 250 young people share how they coped with their parents' divorce. Learning from other youth can make coping easier. The book includes comments from 20 counselors who work with youth whose parents are divorcing. Additional topics covered include communication, getting help, family activities, school success and remarriage. Kids are encouraged to keep a journal and journaling questions are included in each chapter.

\$9.95

Jill Kremetz (1984) How it Feels When Parents Divorce

Publisher: Knopf.

Several boys and girls (ages 8-16) share their experiences with adjusting to their parents' divorces. The children interviewed are from diverse racial and cultural backgrounds and offer an honest look at their experiences surrounding their parents' divorce, custody arrangements, parents' beginning to date, or remarry. Good choice for this age group.

\$15.00

Beth Levine (1995) Divorce: Young People Caught in the Middle

Publisher: Enslow Publishers, Inc.

This common sense manual for teens dealing with parents' divorce offers helpful advice and an overall realistic picture of the whole difficult divorce scene. Interesting case studies are interwoven with commentary, facts, and statistics. Topics include pre-divorce stress, the divorce procedure and custody matters, relevant economics, emotional adjustments, relations with non-custodial parents, and the stepfamily scenario. Good examples of problems, both immediate and long-term, that children face when their parents separate. This book is an especially appropriate choice for older teens.

\$19.95

Zoe & Evan Stern (1997) Divorce is Not the End of the World

Publisher: Tricycle Press.

A teenage brother and sister, whose parents are divorced because their father is gay, discuss topics relating to this situation, respond to letters from other children, and offer tips based on their experience. Includes insights from their mother. Honest, positive and practical book. The reader is given questions to reflect on at the end of each chapter.

\$7.16

Alys Swan-Jackson (1998) When Your Parents Split Up: How to Keep Yourself Together (Plugged In)

Publisher: Price Stern Sloan.

This book discusses teens' questions about divorce and provides advice for coping with change. Questionnaires and activities are included to help teens cope with their emotions, plus interviews with teens who have been through the same situation. Stepfamily issues are also covered. Helpful resources are provided in the summary at the end of the book. This book is a good choice and is especially appropriate for older teens.

\$3.99

Cynthia MacGregor (2004)-- Divorce Helpbook for Teens

Answers teens' questions about divorce, including issues such as why parents divorce, what to do about feeling depressed, who to talk to, how to maintain relationships with parents who have moved away, and how to cope with parents putting the teen in the middle.

Florence Calhoun (2000) -- No Easy Answers: A Teen Guide to Why Divorce Happens

This book explains to teenagers why divorce happens. It explores the conflicting feelings of divorce, the difficulties of taking sides in a divorce, and encourages the teenager to be a teenager.

Board Game for Adults and Children

My 2 Homes: A Game to Help Kids Understand and Accept Divorce

Publisher: Childswork/Childsplay (phone 1-800-962-1141).

Board game designed to help children ages 6-12 adjust to their parents' divorce and deal with their feelings through this unique activity. By playing the game with a parent, counselor, or other caring adult, children have the opportunity to communicate about issues surrounding divorce and gain greater insight into their own family situation.

\$49.00

Parenting Books for Adults Who Are Divorcing*

Books and videos marked with an asterisk are available for loan (free of charge) from ParentLink at 1-800-552-8522 (in Columbia, 882-7321) or <http://outreach.missouri.edu/parentlink>.

**Marc Ackerman (1997) Does Wednesday Mean Mom's or Dad's?: Parenting Together While Living Apart
Publisher: Wiley.**

Parents are given information on several different aspects of divorce, custody, co-parenting, and remarriage. It also contains information on what to expect from the legal process, benefits and costs of certain custody arrangements, and how to avoid the pitfalls of parenting from a distance. The focus of the book is not on "winning" custody disputes, but rather on how to create the best arrangement for both parent and child.

\$16.95

**Melinda Blau (1993) Families Apart: Ten Keys to Successful Co-Parenting
Publisher: Perigee.**

The author suggests that healing one's self; acting maturely; listening to children; respecting the other parent; sharing parenting time; accepting differences; communicating with children; stepping outside of traditional gender roles; embracing change; and accepting that co-parenting is forever, are the keys to maintaining an effective, resilient and well-functioning family.

\$12.00

**Diane Chambers (1977) Solo Parenting: Raising Strong and Happy Families
Publisher: Fairview Press.**

This book deals with the issues that are closest to the single-parent's heart. The book includes information about financial, parental, and personal issues. There are practical tips on overcoming fears, "reframing" negative situations into more positive ones, acquiring new job skills through education and training, living a good life on a limited income, disciplining children effectively, and ensuring the long-term welfare of both parent and child.

\$12.95

**Elizabeth Hickey & Elizabeth Dalton (1994) Healing Hearts: Helping Children and Adults Recover from Divorce
Publisher: Gold Leaf Press.**

This book was written by a family counselor and an attorney, both who are also trained mediators. Both have experienced divorce themselves. The information they share can help make divorce less difficult for adults and children. Parents are encouraged to develop a new way of living as co-parents who have the child's best interest at heart. The book includes stories, drawings and poems from children and divorcing parents.

\$11.96

**Claudia J. Jarratt (1994) Helping Children Cope With Separation and Loss
Publisher: The Harvard Common Press.**

A death, a divorce, a loved one's illness, or even a family move is the occasion of grief and despair for a child, and the pain can last for years. Here is compassionate, step-by-step guidance for any concerned adult who wants to help a child talk about, cope with, and recover from a loss. In this revised edition of a best-selling work, the author offers warm advice, specific techniques, and innovative ideas for helping children overcome the sadness, anger, and anxiety they feel during a difficult time. This is a book for parents and teachers, family and friends, counselors and other professionals--for anyone who cares about children and their well-being.

\$12.95

**Vicki Lansky (1996) Divorce Book for Parents: Helping Your Children Cope With Divorce and Its Aftermath
Publisher: Book Peddlers.**

This book provides parents with sensible advice on how to help their children cope with the realities of divorce. Information is provided about many important topics, including how to tell children about the divorce, money and legal issues, parenting with the ex-spouse, and how to make long-term adjustments to the changes divorce brings.

\$4.79

**Isolina Ricci (1997) Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced, or Remarried
Publisher: Fireside.**

The very helpful book addresses the legal, financial and emotional realities of creating two happy and stable homes for

children who have experienced the divorce of their parents. Guides separated, divorced, and remarried parents through the hassles and confusions of setting up a strong, working relationship with the former spouse in order to make two loving homes for the kids. Includes many reference materials and resources.

\$11.20

**Julie Ross & Judy Corcoran (1996) Joint Custody With A Jerk: Raising a Child With An Uncooperative Ex
Publisher: St. Martin's.**

Several helpful positive communication techniques are offered. These skills are not only applicable to dealing with a difficult ex (male-female), but also in other relationships one may have. This hands-on guide offers many proven communication techniques and describes examples of common problems.

\$13.95

**Meg Schneider & Joan Zuckerberg (1996) Difficult Questions Kids Ask and Are Too Afraid to Ask About Divorce
Publisher: Fireside.**

The confusion and hidden fears that children often experience during divorce are explored. Further, this book shows parents how to truthfully answer children's questions without frightening them, how to strengthen the parent-child relationship, and how to build trusting relationships.

\$12.00

Kenneth N. Condrell and Linda Small (1998) -- *Be a Great Divorced Dad

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.

Mimi E. Lyster (2003) -- Child Custody: Building Parenting Agreements that Work

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.

*2001 edition available from ParentLink

Abigail Trafford (1992)-- Crazy Time: Surviving Divorce and Building a New Life

The author takes the reader through the stages of crisis, confusion, and, finally, mending that will begin to help divorcing individuals understand their own behaviors and thoughts.

Jann Blackstone-Ford (1999) -- *The Custody Solutions Sourcebook

This book explores the advantages and disadvantages of standard child custody arrangements, including joint custody, sole custody, and "bird's nest custody." The author also gives examples of more creative methods for sharing children's time with a former spouse or legal partner.

Alicia F. Lieberman (1993) -- *The Emotional Life of the Toddler

Discusses the emotional importance of early relationships; early anxieties for when parents divorce; toddlers in child care; the challenges and different types of toddlers.

Lillian Carson (1999) -- The Essential Grandparent's Guide to Divorce: Making a Difference in the Family

Gives practical advice for grandparents on how to support their grandchildren and their adult children through the process of divorce. Also addresses grandparents' rights and issues that arise when grandparents divorce.

Sam Margulies (2001) -- Getting Divorced without Ruining Your Life

This guide provides practical advice on the legal, financial, and emotional aspects of divorce, with examples from real-life cases. The benefits of mediation are emphasized and information on how to deal with post-divorce conflict successfully is provided.

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

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.

Nicholas Long and Rex L. Forehand (2002) -- Making Divorce Easier on Your Child: 50 Effective Ways to Help Children Adjust

The authors present suggestions for handling common problems that divorced parents face. This book is written in clear, easy-to-understand language and the information is organized into 50 brief chapters covering everything from telling the

children about the divorce to forming new relationships and stepfamilies.

Barbara Colorosso (2000) -- *Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change

The author shows how parents can help children find a way through grief and sorrow during the difficult times of death, illness, divorce, and other upheavals. She offers ideas for supporting children as they navigate the emotional ups and downs that accompany loss, assisting them in developing their own constructive ways of responding to what life hands them.

Shirley Thomas (2004) -- Parents Are Forever: A Step-by-Step Guide to Becoming Successful Coparents after Divorce

This guide gives parents helpful advice on successful coparenting after divorce, determining parenting schedules, and managing common problems that arise in the areas of communication, financial issues, discipline, and more. Tips specifically for never-married parents who are coparenting are included throughout the book.

Robert E. Emery (2004) -- The Truth about Children and Divorce

Robert Emery is a psychologist with 25 years of experience working with and studying divorced parents and their children. In this book, he discusses the emotional experience of divorce for parents and children and gives practical, research-based advice for helping children adjust to divorce. Specific advice on developing parenting plans and custody arrangements appropriate for children of different ages is provided.

F. Daniel McClure and Jerry B. Shaffer (2000) -- *Wednesday Evenings and Every Other Weekend: From Divorced Dad to Competent Co-Parent

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.

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

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.

Mary L. Boland (2004) -- Your Right to Child Custody, Visitation, and Support

This book is designed to let parents know their legal rights and to help them take their case through the court system. Written by an attorney, it includes such issues as factors in deciding custody and visitation, calculating and collecting support, and appealing your judgment.

*2001 edition available from ParentLink

Books for Children and Adults Living in Stepfamilies

Claire Berman (1990) What Am I Doing in a Step Family?

Publisher: Carol Publishing Group.

This book contains information to help children understand stepfamily issues. Subjects include how stepfamilies form, what to call a stepparent, discipline, changes in household rules, jealousy, new siblings. This book takes a candid approach to the sensitive issues involved to help parents and children address the tough problems. Text is most suited to early elementary-age children.

\$12.00

Joseph Cerquone (1994) You're a Stepparent...Now What? A Guide to Parenting in Families With Non-biological Children

Publisher: New Horizon Press.

There are several benefits offered with this book. It shows how to set realistic expectations, establish good relationships with your stepchildren, fairly discipline your stepchildren, parent stepsiblings, and cope with grandparents, holidays and everyday life.

\$12.95

Margaret Newman (1994) Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family

Publisher: New Barbringer.

This book addresses the major issues concerning introducing new stepfamily members, including the complications of daily family life, visiting stepchildren, resident stepchildren, and finding time to maintain a loving marital relationship. This is an inviting and comforting guide to confronting the reality of the stepfamily arrangement.

\$13.95

Emily B. and John S. Visher (1991) How to Win as a Step-Family (second edition)

Publisher: Brunner/Mazel.

The Vishers are founders of the Stepfamily Association of America and they have been involved in helping stepfamilies for nearly 30 years. The book contains practical information and specific suggestions for adults involved in making stepfamilies work. Frequently, the Vishers use actual examples to illustrate particular ideas.

\$13.56

Fred Rogers (2001) -- Let's Talk about It: Stepfamilies

Mr. Rogers discusses stepfamily issues in a gentle, reassuring tone. The focus is on communication and sharing feelings about the changes and challenges of stepfamily life. Common concerns that children have when they become part of a stepfamily, such as getting used to new rules, are addressed. Children are reminded of the possible positive changes—new people to love and share good times with them. Ages: 5-8

Joel D. Block and Susan Bartell (2001) -- Stepliving for Teens: Getting Along with Stepparents and Siblings

In this informative and humorous book, psychologists and teens answer common questions teens have about stepfamilies, such as what to call the new stepparent and changes that occur if the parent and new stepparent have a new baby. The authors also outline processes and strategies teens can use to cope with problems and fears.

Carl E. Pickhardt (1997) -- Keys to Successful Stepfathering

This guide helps stepfathers develop realistic expectations for their new role. Tips for building positive relationships with stepchildren, communication, and conflict management are provided.

James H. Bray and John Kelly (1998) -- Stepfamilies: Love, Marriage, and Parenting in the First Decade

This book, based on a 10-year study of 200 stepfamilies identifies three types of stepfamilies: the Neotraditional, the Romantics, and the Matriarchal, and provides insight into what successful stepfamilies do that is effective. Case histories of real-life stepfamilies illustrate these patterns.

Self-Help Books For Adults Who Are Divorcing

Constance Ahrons (1994) The Good Divorce

Publisher: Harper-Perennial.

This book is grounded in the research that shows that 50% of divorced couples do maintain their families. It also offers hope to divorcing couples and guidance through the transition from nuclear to "binuclear" families. This book is a good resource for both therapists and those experiencing divorce.

\$14.00

Abigail Trafford (1993) Crazy Time: Surviving Divorce and Building a New Life

Publisher: Bantam.

The author takes the reader through the stages of crisis, confusion, and finally, mending that will begin to help divorcing individuals understand their own behaviors and thoughts. The book offers a sense of hope that divorce is not only an ending, but can be a new beginning as well.

\$14.00

Suzen J. Ziegahn (2001) -- 7 Steps to Bonding with Your Stepchild

Provides practical and realistic advice from a clinical psychologist on building positive relationships with stepchildren.

This list is provided as a service and does not constitute any particular endorsement. Prices listed are generally the lowest ones found on the World Wide Web, effective May, 2000.

WEBSITES

- **Divorce Care (support groups for adults and children)**
www.divorcecare.org
- **National Center for Fathering**
www.fathers.com
- **Divorce Online (information and professional referrals)**
www.divorce-online.com
- **National Parenting Center (TNPC)**
www.tnpc.com
- **The Divorce Support Page**
www.divorcesupport.com
- **Parents without Partners**
www.parentswithoutpartners.org
- **iCONNECT (website for teens on dealing with divorce)**
www.aces.uiuc.edu/~iconnect
- **Single Parents Association**
www.singleparents.org
- **KidsHealth (kids' guide to divorce)**
www.kidshealth.org/kid/feeling/home_family/divorce.html
- **Stepfamily Association of American**
www.saafamilies.org
- **MissouriFamilies (information on divorce, parenting, and other family issues)**
missourifamilies.org
- **Stepfamily Network**
www.stepfamily.net