

# Read Free When Your Parents Divorce A Kid To Kid Guide To Dealing With Divorce Pdf File Free

Getting Through My Parents' Divorce Getting Through My Parents' Divorce How It Feels When Parents Divorce What in the World Do You Do When Your Parents Divorce? Adult Children of Divorce Vicki Lansky's Divorce Book for Parents When Your Parents Divorce *Making Your Way After Your Parents' Divorce* The 7 Fatal Mistakes Divorced and Separated Parents Make Now what Do I Do? Parenting Apart Daughters of Divorce [It's Not Your Fault, KoKo Bear](#) We're Still Family *Parenting Apart A Grief Out of Season* Divorcing Children *A Parent's Guide to Divorce* Divorce [The Truth About Children and Divorce](#) *The Unselfish Divorce* Divorcing a Parent *Home Will Never Be the Same Again What Happens When Parents Get Divorced?* Overcoming Your Parents' Divorce Still a Family [Two Homes](#) [Divorce Survival Guide for Kids](#) [It's Not Your Fault, KoKo Bear](#) [Dealing With Your Parents' Divorce](#) [Toxic Divorce](#) [A Smart Girl's Guide to Her Parents' Divorce](#) How to Survive Your Parents' Divorce *Parental Life Courses After Separation and Divorce in Europe* [When Your Parents Divorce](#) [Parenting through Divorce](#) Don't Divorce Us! Primal Loss Healthy Divorce Why Did You Have to Get a Divorce? And When Can I Get a Hamster?

When people should go to the books stores, search opening by shop, shelf by shelf, it is essentially problematic. This is why we allow the ebook compilations in this website. It will extremely ease you to see guide When Your Parents Divorce A Kid To Kid Guide To Dealing With Divorce as you such as.

By searching the title, publisher, or authors of guide you really want, you can discover them rapidly. In the house, workplace, or perhaps in your method can be every best area within net connections. If you mean to download and install the When Your Parents Divorce A Kid To Kid Guide To Dealing With Divorce, it is extremely easy then, before currently we extend the join to buy and create bargains to download and install When Your Parents Divorce A Kid To Kid Guide To Dealing With Divorce thus simple!

How It Feels When Parents Divorce Aug 31 2022 In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and appropriate. These boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.

Adult Children of Divorce Jun 28 2022 If your parents divorced when you were young, you were probably affected by the breakdown fo their marriage. Divided loyalties, secrets kept from the other parent, one life lived in two separate houses—these may have been par for the course. With this guide, you will learn that the effects of the divorce are not permanently harmful. Find out how to forgive your parents, discover new ways to enrich your own relationships and learn that there are alternative realities available. Divorce experts and psychologists Jeffrey Zimmerman, Ph.D., and Elizabeth S. Thayer Ph.D., show you how to recognize how your parents' divorce influenced your life, resulting in disruptions such as relationship failures due to financial reasons, difficulties with commitment, and repeated situations that “just don't seem to work out.” They provide techniques to help you understand and overcome these and other issues common to adult children of divorced parents. Zimmerman and Thayer focus on helping you learn how to build self-esteem, become resilient, establish healthy boundaries, communicate clearly, open up to trust, show love, believe in commitment and deal with vulnerable feelings.

*A Grief Out of Season* Jul 18 2021 Instructs adults how to deal with parents who are getting divorced late in life and how to cope with their own distress

[It's Not Your Fault, KoKo Bear](#) Jun 04 2020 KoKo Bear learns what divorce means, how to deal with changes, how to recognize and talk about her feelings, and that the divorce is not her

fault. Each page includes tips for parents.

**The 7 Fatal Mistakes Divorced and Separated Parents Make** Feb 22 2022 A guidebook for never married, divorced or separated parents who to ensure they raise the healthiest children possible. It contains 30 exercises for parents to complete to allow them to be the best parent possible for their child during this time.

**Divorcing a Parent** Jan 12 2021 "Why isn't there a commandment to 'honor thy children' or at least one to 'not abuse thy children'?" asks Beverly Engel. No one should have to tolerate an abusive or destructive relationship. However, countless adults continue to foster toxic relationships with their parents. Perhaps honoring our parents starts with honoring ourselves. While making peace with a parent may seem ideal, it is not always a viable option, and severing ties with a parent is sometimes a necessity. Engel, who had to divorce her mother for a number of years, recognizes that forgiveness is not always necessary or even possible. This sensitive, emphatic, yet practical guide includes exercises to help you through this important turning point that can inspire positive and healthy changes in your life. With step-by-step instruction and real-life testimonials, *Divorcing a Parent* will show you how to anticipate and manage negative pressure from others, how to overcome your doubts and guilt, how to participate in family gatherings, and how to handle grandchildren. Engel even addresses how to manage the abuse of a deceased parent. While utilizing an individualized approach, Engel guides you through the entire process to determine what is best for your wellbeing—from deciding if divorce is right for you to finalizing the separation. Above all, this book shows you how to love yourself and give yourself the gift of freedom! Beverly Engel, is an internationally recognized psychotherapist and an acclaimed advocate for victims of sexual, physical, and emotional abuse. She is the author of 20 self-help books, including four best-selling books on emotional abuse. Several of her books have received awards and been translated into many languages. Engel is a licensed marriage and family therapist, and has practiced psychotherapy for 35 years. She frequently lends her expertise to national television talk shows and has appeared on Oprah, CNN, *Starting Over*, and others. Learn more at [www.beverlyengel.com](http://www.beverlyengel.com).

**When Your Parents Divorce** Apr 26 2022

**Primal Loss** Aug 26 2019 Seventy now-adult children of divorce give their candid and often heart-wrenching answers to eight questions (arranged in eight chapters, by question), including: What were the main effects of your parents' divorce on your life? What do you say to those who claim that "children are resilient" and "children are happy when their parents are happy"? What would you like to tell your parents then and now? What do you want adults in our culture to know about divorce? What role has your faith played in your healing? Their simple and poignant responses are difficult to read and yet not without hope. Most of the contributors--women and men, young and old, single and married--have never spoken of the pain and consequences of their parents' divorce until now. They have often never been asked, and they believe that no one really wants to know. Despite vastly different circumstances and details, the similarities in their testimonies are striking; as the reader will discover, the death of a child's family impacts the human heart in universal ways.

**A Smart Girl's Guide to Her Parents' Divorce** Mar 02 2020 Offers advice to girls dealing with various aspects of divorce, remarriage, and stepfamilies.

***Making Your Way After Your Parents' Divorce*** Mar 26 2022 Written by a "child of divorce" for "children of divorce," *Making Your Way After Your Parents' Divorce* is a supportive guide that helps personal growth. It takes an honest look at the effects that divorce can have in the life of a teenager or young adult, and the ways that they can move toward healing and forgiveness after their parents' divorce. Although aimed at teenagers and young adults, this book is a valuable resource for counselors, ministers, religious educators, social workers, and divorced parents themselves. Ideal for both individual and group use. Paperback

**Getting Through My Parents' Divorce** Oct 01 2022 Is your child stuck in the middle of a high-conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible

scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along.

*What Happens When Parents Get Divorced?* Nov 09 2020 Down-to-earth, practical, and full of friendly real-world help for kids, *What Happens When Parents Get Divorced?* is a unique book for families transitioning to two households. Unlike other books, *What Happens When Parents Get Divorced?* focuses on how divorce and shared parenting will affect a child's life and uses a visual calendar kids can truly understand. Kids and grown-ups have lots of fears, but for many of us, the "unknown" edges out pretty much everything else. When something big like a divorce or separation happens in a child's life, they often feel like everything they know is thrown into chaos. Kids (like the rest of us) handle change best if they know what to expect, both on a day-to-day basis and long-term. *What Happens When Parents Get Divorced?* makes sense of marital separation and creates a visual routine that helps kids feel safe. Join Mia and her stuffed giraffe Stuart as they explain what separation and divorce is and how it affects a kid's day-to-day life. Using an illustrated calendar to explain how divorce affects a child's daily routine, *What Happens When Parents Get Divorced?* focuses on the child's experience and removes the unknowns from the equation. This book takes the proven therapy technique of using a custody calendar and brings it to book form, helping parents show kids exactly what to expect. By creating a routine that kids can see and understand, parents can restore a sense of safety and predictability in their kids' lives, helping them to be more resilient in the face of life's inevitable challenges. *What Happens When Parents Get Divorced?* is the perfect book for families that want to reduce their kids' anxiety surrounding divorce and separation. It aims to empower kids with knowledge, which is proven to help kids through traumatic situations.

*Don't Divorce Us!* Sep 27 2019 This book examines the divorce experience firsthand-through the eyes and voices of children and adult children of divorce. People from various ages, ethnic groups, and backgrounds share artwork, essays, and their personal stories of divorce. The book contains practical suggestions for coping with the challenges of double-households, long-distance parenting, dating, ex-spouses, stepparenting, and divorce stress. Chapters include: (1) "Preparing for Divorce"; (2) "Setting Up the Rhythm of the New Life"; (3) "Dealing with the Other Parent"; (4) "The New and Improved Parent"; (5) "Dating, Romance, and Recommitment"; (6) "Stepparenting"; (7) "Exceptional Cases, Exceptional Needs"; and (8) "Resources for Divorcing Families." Also included is an appendix of age-based guidelines for helping children cope with divorce. (GCP)

*The Unselfish Divorce* Feb 10 2021 The pain, anger and despair many parents experience during and after a divorce often has a negative impact on their ability to parent effectively. When divorced parents become consumed by those feelings, they behave in ways that are harmful to their children's emotional well-being. This book briefly describes seven principles for parents to practice which will help their children recover from the devastation of divorce. Parents are encouraged to: 1) speak kind words, 2) stick to the facts, rather than opinions, 3) improve their ability to listen and pay attention, 4) take responsibility for their actions, 5) pursue and maintain peace, 6) enjoy the time spent with their children and 7) be willing to forgive.

*Dealing With Your Parents' Divorce* May 04 2020 Scientific American reported that there were 1.5 million children whose parents divorce each year in the United States. Although parents feel shattered or liberated by the divorce, their children probably feel terrified by the prospect of a change in their stability and happiness. This resource provides guidance in sorting out young people's feelings, understanding the divorce process, and finding people who can offer help. Teens find out how to avoid being caught in the middle of divided loyalties. They learn about conflict resolution and how to communicate with others honestly while dealing with life changes and emotional challenges.

*Why Did You Have to Get a Divorce? And When Can I Get a Hamster?* Jun 24 2019 Definitive advice from the author of the bestselling "Get out of my life". Divorce, argues Anthony E. Wolf, does not have to do long-term damage to a child. In his groundbreaking new book, he shows parents how to steer children through the pain and the complex feelings engendered by divorce, feelings that, if not resolved, can create continuing problems for a child. Wolf also explains how to deal with the difficult issues that so frequently accompany a divorce. How do you tell your child about the divorce? How do you keep your children from being caught

between you and your ex-partner? What do you do if that other parent gradually fades out of their lives? Or, how do you maintain strong ties with your children if you are not the primary custodial parent? How do you help them cope with new living arrangements, as well as stepparents or stepsiblings? "Why did you have to get a divorce?" is filled with stories that parents will recognize with relief. Positive, at times even funny, and, above all, effective, this guide will speak directly to divorcing and divorced parents.

**How to Survive Your Parents' Divorce** Jan 30 2020 Provides information and advice, based on the experiences of a panel of young experts who have gone through it themselves, on how to deal with the breakup of one's parents' marriage, custody arrangements, remarriage, and related matters

**Healthy Divorce** Jul 26 2019 Solutions for negotiating one of life's most difficult events  
Healthy Divorce is a very valuable book, containing practical answers to difficult questions. --Dan Kiley, author of *The Peter Pan Syndrome* and *The WAndy Dilemma* The authors have devoted their careers to counseling divorcing families. In this encouraging book, they outline the fourteen stages of divorces and offer families practical advice and solutions for negotiating one of life's most difficult events. With sensitivity and sensibility they explain how to recognize the different stages of the divorce; what to expect during each phase; and how to deal with the predictable patterns of the divorce process. Healthy Divorce explores ways of confronting such tough issues as how to tell your children you're getting a divorce; how to plan a separation; and how to cope with your feelings of anger, grief, and abandonment. The authors offer practical advice on using mediation as an alternative to the adversarial court battle; co-parenting to maintain stability for the children after the divorce; and organizing and structuring a happy blended family.

**We're Still Family** Sep 19 2021 Draws on interviews with 173 adult children of divorced parents to challenge beliefs about the detrimental long-term effects of divorce on young people, arguing that divorced families can achieve a functional, thriving dynamic. By the author of *The Good Divorce*.

**It's Not Your Fault, Koko Bear** Oct 21 2021 KoKo Bear Can Help Children \* learn what divorce means \* deal with changes in their everyday lives \* talk about their feelings \* recognize that their feelings are natural \* be assured that their parents still love them and will take care of them \* understand that divorce is not their fault

**Vicki Lansky's Divorce Book for Parents** May 28 2022 Vicki Lansky's Divorce Book for Parents presents practical suggestions for parents who want to learn those new parenting techniques and is based on the author's own experiences, those of other divorced parents, and the expertise of professionals, Lansky offers sensible advice for almost every issue of parenting through divorce. Lansky identifies predictable behavior parents can expect from their kids and shows how to best respond to help them through the difficult transition. She suggests lists of age-appropriate books for children to read and shares valuable information for parents on custody options, money and the legalities of divorce. There are dozen of helpful references and resources (many online) on subjects discussed in each chapter. This book is a must for parents considering or experiencing divorce.

**Two Homes** Aug 07 2020 "Parents looking for a book about separation or divorce will find few offerings as positive, matter-of-fact, or child-centered as this one. . . . Simple, yet profoundly satisfying." – Booklist (starred review) At Mommy's house, Alex has a soft chair. At Daddy's house, Alex has a rocking chair. In each home, Alex also has a special bedroom and lots of friends to play with. But whether Alex is with Mommy or with Daddy, one thing always stays the same - Alex is loved. The gently reassuring text focuses on what is gained rather than what is lost when parents divorce, while the sensitive illustrations, depicting two unique homes in all their small details, firmly establish Alex's place in both of them. Two Homes will help children - and parents - embrace even the most difficult of changes with an open and optimistic heart.

**Divorce** Apr 14 2021 From marriage and family therapist Jean McBride, M.S., L.M.F.T. your in-depth guide to discussing divorce with your kids. In *Talking to Your Children About Divorce*, Jean McBride provides you with the tools and encouragement to effectively communicate with your child about divorce throughout the entire process from preparation, to the actual talk, to the aftermath. McBride brings her more than twenty-five years of specializing in divorce to guide you through crucial but difficult conversations and cultivate an environment of love and support throughout the divorce process. *Talking to Your Children About Divorce* prepares you to initiate open communication, with: Concrete actions to help your children weather the emotions of divorce. Useful scripts to guide you through a variety of situations throughout the divorce process. Simple steps to improve communication, both with your former spouse and

with your children. 10 tips to maintain co-parenting success and promote healthy, happy, well-adjusted children. "

Divorce Survival Guide for Kids Jul 06 2020 Written in a light-hearted manner for kids and teens, this divorce survival guide for kids is authored by two teens who share tips and tricks they learned over more than ten years, while moving from mom's to dad's house. They decided to write it after realizing that when their friend's parents were divorcing, they were the 'go-to' divorce kids for advice...and they realized they were sharing the same information each time. So, they wanted to share the information with all kids that are going through this difficult time, but in a kid-to-kid kind of way. In an easy to read format you'll find tips for what to expect, getting used to two homes, dealing with the divorce drama, what to do when you don't know what to do, and tips for sharing homework and school information between parents and teachers. So many things you didn't have to think of when your parents were together! Most importantly, this book shows kids that they're not alone and others have successfully survived their parents divorce. So why go through it with trial and error when you can read this brief guide and get all the tips you'll need to survive?! Deliberately kept short so you can get back to your friends, facebook, twitter and everything else kids do today!

Getting Through My Parents' Divorce Nov 02 2022 Divorce is often stressful for kids. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. In But I Love You Both, two psychologists and experts in parental alienation offer a workbook for kids who are feeling torn between two parents in a hostile divorce. The book also deals with the negative impact of custody disputes and helps children understand and identify their feelings, learn to cope with stress and other complex emotions, and feel safe and loved.

Daughters of Divorce Nov 21 2021 Restore your faith in love and build healthy, successful relationships with this essential guide for every woman haunted by her parents' divorce. Over 40 percent of Americans ages eighteen to forty are children of divorce. Yet women with divorced parents are more than twice as likely than men to get divorced themselves and struggle in romantic relationships. In this powerful, uplifting guide, mother-daughter team Terry and Tracy draws on thirty years of clinical practice and interviews with over 320 daughters of divorce to help you recognize and overcome the unique emotional issues that parental separation creates so you can build the happy, long-lasting relationships you deserve. Learn how to: • Examine your parents' breakup from an adult perspective • Heal the wounds of the past • Recognize destructive dynamics in intimate relationships and take steps to change them • Trust yourself and others by embracing vulnerability • Create strong partnerships with their proven Seven Steps to a Successful Relationship • Break the divorce legacy once and for all!

Parenting Apart Dec 23 2021 When a marriage ends, the most important thing divorcing parents can do is to help their children through this difficult transition and remain united as parents even if they are no longer united as a couple. In Parenting Apart divorce coach Christina McGhee offers practical advice on how to help children adjust and thrive during and after separation and divorce. She looks at all the different issues parents may face with their children of different ages, offering immediate solutions to the most critical parenting problems divorce brings, including: •When to tell your children about the divorce and what to say •How to create a loving, secure home if your child doesn't live with you full time •What to do if your child is angry or sad •How to manage the legal system, including information on family law and issues of custody •How to deal with a difficult ex This is an invaluable resource that offers parents quick access to the information you most need at a time when you need it most.

A Parent's Guide to Divorce May 16 2021 From creating a parenting plan to navigating the post-divorce world, this child-centered reference teaches parents what to say and do to guide their children--toddlers to young adults--through a divorce, offering proactive solutions to make the child a priority as readers successfully transition to co-parenting.

Parenting through Divorce Oct 28 2019 Divorce has devastating effects on children. Yet for divorcing parents who carefully consider and manage the intricacies associated with this difficult time, both parents, as seen from the child's perspective, can remain as loving and supportive as they ever were. Parenting Through Divorce concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach,

providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often-painful process. Covering the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups, this book helps you retain a strong, healthy, and loving environment for your child, even in the midst of change. This is a much-needed repository of wisdom and practical counsel for any family going through a time of heightened feelings and fragile relationships.

*Overcoming Your Parents' Divorce* Oct 09 2020 Counsels adult children of divorced parents on five key steps for building and maintaining strong relationships, covering topics such as learning healthy lessons from a parent's negative examples and addressing commitment fears.

*Home Will Never Be the Same Again* Dec 11 2020 Adult children are often overlooked and forgotten when their parents divorce later in life, but in these pages they will find comfort and understanding for the many feelings, frustrations, and challenges they face. For more than two decades, a silent revolution has been occurring and creating a seismic shift in the American family and families in other countries. It has been unfolding without much comment, and its effects are being felt across three to four generations: more couples are divorcing later in life. Called the "gray divorce revolution," the cultural phenomenon describes couples who divorce after the age of 50. Overlooked in the issues that affect couples divorcing later in life are the adult children of divorcing parents. Their voices open this book, and they are the voices of men and women, 18 to 50 years old. Some of them are single; some are married. Some have children of their own. All of them are in different stages of shock, fear, and sudden, dramatic change. In *Home Will Never Be the Same: A Guide for Adult Children of Gray Divorce*, Carol Hughes and Bruce Fredenburg share their deep understanding gained during the innumerable hours they have spent with these women and men in their clinical practices. The result is a valuable resource for these too often forgotten adult children, many of whom find that, whenever they express their feelings and experiences, the most important people in their lives frequently ignore and dismiss them. As the divorce rate for older adults soars, so too does the number of adult children who are experiencing parental divorce. Yet, these adult children frequently say that they are the only ones who are aware of what they are going through, no one understands what they are experiencing, and they feel painfully alone.

*Parental Life Courses After Separation and Divorce in Europe* Dec 31 2019 This open access book assembles landmark studies on divorce and separation in European countries, and how this affects the life of parents and children. It focuses on four major areas of post-separation lives, namely (1) economic conditions, (2) parent-child relationships, (3) parent and child well-being, and (4) health. Through studies from several European countries, the book showcases how legal regulations and social policies influence parental and child well-being after divorce and separation. It also illustrates how social policies are interwoven with the normative fabric of a country. For example, it is shown that father-child contact after separation is more intense in those countries which have adopted policies that encourage shared parenting. Correspondingly, countries that have adopted these regulations are at the forefront of more egalitarian gender role attitudes. Apart from a strong emphasis on the legal and social policy context, the studies in this volume adopt a longitudinal perspective and situate post-separation behaviour and well-being in the life course. The longitudinal perspective opens up new avenues for research to understand how behaviour and conditions prior or at divorce and separation affect later behaviour and well-being. As such this book is of special appeal to scholars of family research as well as to anyone interested in the role of divorce and separation in Europe in the 21st century

Toxic Divorce Apr 02 2020 In the 1980s, Dr. Richard A. Gardner, a child and forensic psychiatrist, championed a child custody litigation phenomenon called Parental Alienation Syndrome (PAS). Since that time, the PAS phenomenon has gained increased recognition in both the mental health and legal fields. This workbook is the first of its kind for alienated parents and those directly affected by PAS.

*Divorcing Children* Jun 16 2021 Drawing on a three-year multidisciplinary study of the children of divorced parents, the authors, leading academics in their fields, present a much-needed guide to working with children who are experiencing parental separation. Providing an in-depth picture of the effect of divorce on children both during and after the proceedings, the topics discussed include: how parents break the news of divorce to children and how this makes them feel; where children get their ideas about divorce from; how parent-child relationships change after separation; ways in which children adapt and cope with divorc.

*Now what Do I Do?* Jan 24 2022 How do you deal with it? - Blame - Whose fault? - Self esteem

- Family breakups - Caught in the battle zone - Parents - how do I deal with them? -Anger - Forgiveness - Spiritual zone.

**What in the World Do You Do When Your Parents Divorce?** Jul 30 2022 Answers common questions about divorce, its effects on the family, relationships with parents after a divorce, and related matters, and provides observations from children who have experienced a divorce in their families.

**When Your Parents Divorce** Nov 29 2019 This book is designed to help young adolescents cope with the reality of their parents divorcing. It speaks directly to young adolescents and attempts to answer questions that concern their worst fears and anxieties about what a divorce will mean for them. It provides strategies to help them resolve or handle the confusion, hurt, and conflict they are facing. Chapters include: (1) "The Bitter Truth"; (2) "Family History"; (3) "Other Kinfolk"; (4) "Friends"; (5) "The Closed Family"; (6) "The Missing Parent"; (7) "Changes and Money"; (8) "Staying Out of the Middle"; (9) "Some Good Answers"; (10) "Custody"; (11) "The Far, Far Away Parent"; (12) "New Adults in Your Life"; and (13) "A Look Ahead." (JDM)

**The Truth About Children and Divorce** Mar 14 2021 Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children’s resilience. With compassion and authority, Dr. Emery explains: • Why it is so hard to really make divorce work • How anger and fighting can keep people from really separating • Why legal matters should be one of the last tasks • Why parental love—and limit setting—can be the best “therapy” for kids • How to talk to children, create workable parenting schedules, and more

**Still a Family** Sep 07 2020 Still a Family is a much-needed repository of wisdom and practical counsel for any family going through a divorce, a time of heightened feelings and fragile relationships. Divorce can have a devastating effect on children. Yet for families who care fully consider and manage the intricacies associated with this difficult and upsetting time, the family, as seen from the child's perspective, can remain strong, healthy, and as loving and supportive as it ever was. Still a Family clearly and concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach, providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often painful process. The book covers the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups.

**Parenting Apart** Aug 19 2021 The ultimate resource for separated and divorced parents, written by an internationally acclaimed expert on divorce and its impact on children. This comprehensive and empowering guide is filled with practical, effective ways to minimize the effects of divorce on children, and offers immediate solutions to the most critical parenting problems divorce brings. In this go-to resource, Christina McGhee addresses the issues of utmost importance to parents: ? How and when to tell the children about the divorce ? Guiding children through transition ?Helping children cope with having two homes ?Dealing with finances ?Managing a difficult relationship with an ex ?And more Offering advice on explaining things to every age group—from toddlers to teenagers—in plain, consistent, and age-appropriate terms, Parenting Apart also offers practical suggestions for parents to help them maintain their own sense of stability and take care of their own well-being while taking care of their kids.