

My Parents Are Divorced Too A Book For Kids By Kids

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. Fresh ideas to help you pray for your parents.

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The Bible calls us to honor our parents—and one way we can do that is by praying for them. Little children often see their mothers and fathers as the ones with all the answers. It's not until we grow up that we realize our parents are just like us—regular people in need of prayer. This guide will help you to pray rich, intentional prayers for your mother or father—be they biological or adoptive, working or retired, frail or fit, married or separated, believers or unbelievers. Whatever their situation, if we want to love them well, we need to pray. Each of the 21 prayer themes in this book takes a passage of Scripture and suggests five things to pray for a particular area of your parents' lives. You can use this book in any number of ways: work through it as part of your daily quiet time or pick it up whenever a particular need arises. The command to honor our parents comes with a beautiful promise—"that it may go well with you" (Ephesians 6 v 3). The hope of this guide is that you will reap this blessing as you come before God with prayers that change things for an older generation. Chelsea Stanley serves with the women's ministry team at Crossway Community Church in Bristol, Wisconsin . She has written for *Desiring God*, *Risen Motherhood*, and *The Gospel Coalition*.

If your parents divorced when you were a child,

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you may be wondering: Will I get divorced, too? Research indicates divorce is often passed down from generation to generation. Children from divorced homes are up to five times more likely to get divorced as compared to children whose families remained intact. It's time to end the cycle of divorce. Based upon two decades of interviews with over 400 adult children of divorce, this book will empower you to: Avoid the destructive relationship behaviors common to adult children of divorce Increase your ability to recognize what love looks like and what it doesn't look like Recognize the warning signs of a poor partner choice before you make a long-term commitment Create the successful, loving relationship you deserve This practical, no-nonsense guide is encouraging, optimistic and insightful. Through the use of real-life stories, it provides the valuable tools you need for a great relationship. Whether you're a teen embarking on dating and love, in your 20's, 30's or 40's with some dating history, or perhaps divorced already, it's never too early or too late to learn how to end the cycle of divorce.

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

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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.

My Parents Are Divorced, Too

How to Land on Your Feet When Your World Turns Upside Down

Advice on Love and Life from Dear Sugar Your Child's Divorce

A Guide for Adult Children of Gray Divorce

My Parents Are Divorced Too

What to Expect - What You Can Do

My Parents Are Divorced Too A Book for Kids by Kids

Understanding divorce--a healing drawing and activity book for kids

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Unlike other divorce books for kids, *My Family is Changing* helps your child (age 5-7) process what's happening through sympathetic stories that feature a diverse collection of children. Each story also serves as a starting point for a host of activities and drawing pages that provide a safe space for them to explore and express their feelings. *My Family is Changing* goes beyond other divorce books for kids, with: Understanding divorce--Help your child deal with some of the new challenges they might face--like separate houses, different weekend activities, and changing traditions--in a supportive way. 7 Insightful stories--Your child will discover that they aren't alone thanks to comforting stories about other children whose parents are also divorcing. Emotional discovery--Activities like drawing their changing family to making a calendar of things they want to do make this a standout among divorce books for kids. Divorce books for kids should provide tools for kids to not just learn, but also share their feelings--and this book delivers

results.

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.

EIGHT STARRED REVIEWS! The reassuring book kids and families need right now. "An absolute original . . . a story that kids will love." --R. J. Palacio, bestselling author of *Wonder* At a time when everything is changing for Bea and her family, the important things will always stay the same. A soon-to-be classic by the Newbery Award-winning author of *When You Reach Me*. After her parents' divorce, Bea's life became different in many ways. But she can always look back at the list she keeps in her green notebook to remember the things that will stay the same. The first and most important: Mom and Dad will always love Bea, and each other. When Dad tells Bea that he and his boyfriend, Jesse, are getting married, Bea is thrilled. Bea loves Jesse, and when he and Dad get married, she'll finally (finally!) have what she's always wanted--a sister. Even though she's never met Jesse's daughter, Sonia, Bea is sure that they'll be "just like sisters anywhere." As the wedding day approaches, Bea will learn that making a new family brings

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questions, surprises, and joy, and readers will discover why the New York Times called Rebecca Stead a "writer of great feeling." "An undeniably beautiful book." --The New York Times "No author writing today observes young lives with more clarity, tenderness, and grace." --Newbery Medalist

Katherine Applegate, author of *The One and Only Ivan* "Stead truly understands the inner life of kids." --Newbery

Medalist Erin Entrada Kelly, author of *Hello, Universe* and *You Go First*

My Parents are Divorced, Too

My Parents Live in Different Houses

Helping Your Children Cope with Divorce and Its Aftermath

A Smart Girl's Guide to Her Parents' Divorce

What Happens When Parents Get Divorced?

Daughters of Divorce

The Now-Adult Children of Divorce Speak

I have been a practicing psychologist in an outpatient setting for over thirty-two years. I run into the same issues and problems almost every day (addictions, anxiety, ADHD/learning disabilities, assertiveness, children's behaviors, mood disorders,

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relationships and self-esteem). This article is another about children; in this case what they experience after their parents separate and/or divorce. Here's some particulars... This ebook discusses what not to do after the divorce, or put more positively, what to do to help your child(ren) cope and process this very big life-changing event. It focuses on both the parent and child's experiences. However, since I am a child psychologist, it presents information to parents from the child's point of view, highlighting what children need and want when their parents are no longer together. Here's some specifics... I start with a summary of some of the more common research findings. I don't get too technical or scholarly, but it is important to put my information into context. Next is a description of how children see divorce. (Most parents "get" more of their own experience, not the child's.) While it occasionally does occur, it is very rare that kids want their parents to divorce. Kids have very bad feelings during this and subsequent times. What are these

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feelings and how can parents help? Here is a discussion of the seven things kids want, and the five feelings they need to have. Next is a discussion of what parents might consider before the divorce. Some parents do a very good job of thinking about what to do before telling the kids. Here you will find the top ten things to do first... What are the ways to "reach" kids? I go over specific communication techniques, especially the ones that work the best. What about rewards, bribes, manipulation? Parents usually resort to some version of these, often out of desperation. I write about how to avoid much of that. These are covered under "Vocabulary of Feelings," the "Four-To-One Rule," and the "Three Contingencies of Reinforcement." Parents have to know about "acting out." They have to understand what acting out expresses. What does it mean? What is the child doing by behaving this way? This is where the Vocabulary of Feelings earns high marks. It opens up communication in productive, not destructive ways. What are the most common feelings children have during this time? I list

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seven. Sometimes, kids are really thrown for a loop by divorce, no matter how sensitive the parents are. Worse, sometimes kids fall apart, which is more common when parents declare war on each other. I list the top ten major warning signs of childhood decompensation. If you see any of these signs, take your child to a licensed professional. What are the three most destructive things a child believes about the divorce? Parents have to correct these right away, or else... What is the one finding from dozens of studies that almost single handedly explains why there is such harm children suffer before, during and after the divorce? Parents should know about Constancy. This is one of the most powerful psychological principles that parents overlook. Without it, kids are lost. What is the most crucial time to attend to this?. There is one developmental time frame that requires special attention. If the divorce occurs during this two year window, the child is five times more likely to develop a depressive and/or an anxiety disorder in the teen years. How should

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parents handle "visitation?" This is such a strange word to kids, especially in the beginning, just after the divorce. What's the aftermath of children having to go back and forth between parents? What might parents do about pre-visit and exit "jitters?" What about resistance? Then I introduce some techniques--things to do or say that make much of this manageable. Believe it or not, parents can succeed in all the above areas, even while living in separate households. It's not ideal, but children can salvage much that is meaningful, but only if the parents are skilled. This brings up co-parenting. Have you and your "ex" considered what rules each of you will have pertaining to the child? How about rewards for good behaviors? It's important for the contingencies to be at least similar between the houses. What about changes? Usually, parents develop a schedule of visitation. But things change, often at the last minute. Now what? Parents have to work together at least a little bit to pull this off. I provide lots of tips. What are the seven deadly sins committed by

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warring parents during visitation? These are huge "no-no's" if you want your child to have any peace of mind at all. What do parents need to know if and when there arrives a stepparent? Thought things were challenging just after the divorce? Just wait... And, how do the children address the new "parent?" Blended families foil many an attempt to re-stabilize households. But there are four simple solutions (mind sets) that help if the parent is open. And, what do parents do with their own feelings? Usually we act them out on our "ex." This is understandable, but it is damaging to both parents and children. What if the "ex's" hate each other so much that they will not even send email to each other? This is disastrous and probably requires intervention. I discuss when and what types will be most helpful. Parents need to know what constitutes the best adult behaviors in conjunction with what the children are feeling. If this fails, it probably is appropriate for the parents to start their own counseling. I tell you when. Lastly, two things are included that are not

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often discussed in this context. One is the death of a parent and the sequela experienced by the remaining family members. The other is the divorced parent's self-care, which is usually diminished. I list the ten areas separated and/or divorced parents should not overlook. These are the subjects I cover in this ebook. This ebook has 31 pages and contains THE information parents have to have to save their kids from psychological harm. Clients are very enthusiastic about this ebook, probably because there are not many to-the-point references to be found on this subject. Half the population has experienced divorce, and unfortunately, a high number of divorcing couples have children. There is a great need here. This ebook has no fat. Think of it as a "Cliffs Notes" publication. It's a quick read (about an hour), because I go straight to the points and explain concepts in everyday language, just like what you're reading now. Three stepsiblings in a blended family discuss their experiences and those of friends with divorce and remarriage.

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An age appropriate story that navigates the concept of having a Mom's house and a Dad's house. This book takes the negative emotion out of the equation and assures the reader that living in two homes does not make them an outcast. The story emphasizes that a child with two homes is loved by both Mom and Dad no matter what, and that love is what makes each family special. Identifies and offers advice for understanding children who are highly sensitive, self-absorbed, defiant, inattentive, and active/aggressive

Proven Parenting Strategies for Helping Children Thrive Through Divorce

What in the World Do You Do When Your Parents Divorce?

Understanding, Raising, And Enjoying The Five "Difficult" Types Of Children

What Kids of Divorce Really Want to Say to Their Parents

How It Feels When Parents Divorce

A Guide to Help Teenagers with Their Parents' Separation Or Divorce

Teenagers Talk about Their Experiences and how They Cope

A guidebook for never married, divorced or

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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 thier child during this time.

A practical guidebook to help parents provide the love and support children need during the emotional upheaval of divorce presents a thought-provoking collection of questions, statements, and observations from youngsters of all ages. Original.

The book is not a classic pediatric text book. It shows different approaches to some pediatric topics. Our aim in this book, as understood from its title, is to describe some specific issues related to nursing, psychiatric and surgical issues. The book Pediatric Nursing, Psychiatric and Surgical Issues has 8 chapters which are placed in 4 different sections, to enlighten patients and pediatricians on current developments on specific pediatric issues.

My Parents Live in Different Houses is a book designed to help children cope with the living situations that come from a separated or divorced family, an all too common situation in today's society. The goal of the book was to show children that even though it may be very different to go from one house to the other, it can also be fun. This book will be important to young children and parents who are dealing with separation or divorce because it helps children identify the positive aspects of the often difficult transition of traveling between two houses.

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A 25 Year Landmark Study

The Challenging Child

The 7 Fatal Mistakes Divorced and Separated Parents Make

A Helping-Book about Divorce for Children and Parents

Weekends with Dad

How to Break the Cycle of Divorce and Create a Successful Relationship of Your Own

Divorce is at once a widespread reality and a painful decision, so it is no surprise that this landmark study of its long-term effects should both spark debate and find a large audience. In this compelling, thought-provoking book, Judith Wallerstein explains that, while children do learn to cope with divorce, it in fact takes its greatest toll in adulthood, when the sons and daughters of divorced parents embark on romantic relationships of their own. Wallerstein sensitively illustrates how children of divorce often feel that their relationships are doomed, seek to avoid conflict, and fear commitment. Failure in their loving relationships often seems to them preordained, even when things are going smoothly. As Wallerstein checks in on the adults she first encountered as youngsters more than twenty-five years ago, she finds that their experiences mesh with those of the millions of other children of divorce, who will find themselves on every page. With more than 100,000 copies in print, *The Unexpected Legacy of Divorce* spent three weeks on the New York Times, San Francisco Chronicle, and Denver Post bestseller lists. The

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book was also featured on two episodes of Oprah as well as on the front cover of Time and the New York Times Book Review.

Discusses the causes and results of divorce with emphasis on the needs of children who must understand their parents' feelings as well as their own and adjust to the changes that divorce brings about in their lives.

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.

An astonishing one quarter of adults between the ages of eighteen and thirty-five have grown up in divorced families. Now, as this generation comes of age, *Between Two Worlds* will speak to them like no other book.

Marquardt's data is undeniably compelling, but at the heart of her book are stories—of reunions with one parent that were always partings from the other, of struggles to adapt to a parent's moods, of the burden of having to figure out the important questions in life alone.

Authoritative, beautifully written, and filled with brave, sad, unflinchingly honest voices, *Between Two Worlds* is a book of transforming power for the adult children of divorce, whose real experiences have for too long gone unrecognized. Based on a pioneering new study, *Between Two Worlds* is a book of transforming power for anyone who grew up with divorced parents.

Still a Family

Dealing with Your Parents' Divorce After a Lifetime of Marriage

Tiny Beautiful Things

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Primal Loss

Parenting Through Divorce

The Way They Were

It's Not Your Fault, Koko Bear

When an adult child's marriage ends, lots of folks are hurt. The divorcing couple, of course, and their children. Until now, however, little attention has been paid to the parents of the divorcees. Temlock's examination of this sensitive topic offers parents a friendly guidebook packed with helpful information and suggestions from parents who've "been there." Her five-stage model of the divorce process for parents (Accepting the News, Rescuing Your Child, Responding to Changes, Stabilizing the Family, Refocusing and Rebuilding) will help readers 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. An internationally renowned authority on children and divorce reveals the latest research-based strategies for helping children survive and thrive before, during, and long after their parents divorce. The breakup of a family can have an enduring impact on children. But as Dr. JoAnne Pedro-Carroll explains with clarity and

compassion in this powerful book, parents can positively alter the immediate and long-term effects of divorce on their children. The key is proven, emotionally intelligent parenting strategies that promote children's emotional health, resilience, and ability to lead satisfying lives. Over the past three decades, Pedro-Carroll has worked with families in transition, conducted research, and developed and directed award-winning, court-endorsed programs that have helped thousands of families navigate divorce and its aftermath. Now she shares practical, research-based advice that helps parents: -gain a deeper understanding of what their children are experiencing -develop emotionally intelligent parenting strategies with the critical combination of boundless love and appropriate limits on behavior -reduce conflict with a former spouse and protect children from conflict's damaging effects -learn what recent brain research reveals about stress and children's developing capabilities Filled with the voices and drawings of children and the stories of families, Putting Children First delivers a positive vision for a future of hope and healing.

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

"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.

Prayers that Change Things for an Older Generation

I Have Two Homes

How Separated and Divorced Parents Can Raise Happy and Secure Kids

Two Homes

A Drawing and Activity Book for Kids of Divorce Putting Children First

***Pediatric Nursing, Psychiatric and Surgical
Issues***

***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.***

***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.***

***Three children in a blended family explain to
other kids the many ups and downs faced by the
children of divorce. Jann Blackstone-Ford is the
stepparenting expert for iVillage.***

***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 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.

The Unexpected Legacy of Divorce

A Book for Kids by Kids

Now what Do I Do?

What Children Need to Know When Parents Get Divorced

Divorce Poison

Dear Mom and Dad

Strategies for Raising Healthy Children of Divorce and Conflict

How to deal with your parents' divorce when you're not a kid anymore As the divorce rate soars among the baby-boomer generation, more and more people in their twenties and thirties are being faced with the divorce of their parents, and few resources exist to help them cope with their unique circumstances.

Written by an award-winning journalist who has lived through her own parents' midlife divorce, this practical, comforting guide includes advice on: •

• How to help your parents without getting caught in the middle • How to have tough conversations with your parents about money, property, and inheritance—theirs and yours • How to understand the complexities of infidelity and stepfamilies • How to rebuild relationships with each parent after the divorce

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Getting a divorce means you will no longer be with the person you once thought you were going to spend the rest of your life with. However, if there are children from that marriage then you will always be linked to each other. Many divorces are very bitter with hurt and angry feelings lasting for years. Yet you need to do your very best to move past all of that for the sake of the children. Effective communication between the parents is necessary in order for them to both have an active role in what is taking place in the lives of their children. School is a big issue for parents to be concerned with. Both need to be attending school functions and talking with teachers about the progress of the students. It is important for the children to see the parents getting along with each other at least when it comes to their needs. A child should never have to hear one parent talking bad about the other one. It can lead to feelings of insecurity as well as resentment. Children should never have to choose between their love for one parent over the other either. Too many divorces couples use their children as a way to communicate with their ex spouse. They place the burden of sending messages back and forth on the children. This isn't acceptable and it isn't fair to the children. Instead you need to work out being able to talk with your ex spouse about issues that concern the children. If it is too difficult or tense for you to talk face to face then do so over the phone. Make an

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agreement to stick only to the issues that are going on with the children. Try to be objective rather than always attempting to get your own way. Compromise is very important when you are divorced and dealing with issues that concern your children together. Some couples find that notes are easier for them than talking in person or over the phone. Again though you need to take your children out of the equation. Don't make them responsible for passing the notes back and forth. With written communication a person can think before they respond and that can help prevent emotions from dictating the conversations you are attempting to have about your children. It won't always be easy to maintain good communication with your ex spouse. In fact, that is one of the most common reasons why people end up filing for a divorce in the first place. Yet you do want to make a sincere effort to try. The future of your children is too important for you not to attempt to make this work for you. Sometimes it can help if you attend a class with your ex spouse. It can help you to understand the importance of good communication after the divorce. You can also learn effective techniques to use so you don't slip into your old behaviors. It can take some time to make this work but don't give up on it. Your children will certainly appreciate all of your efforts to be decent to their other parent. It is a very important lesson that you can teach them by example. Showing them that

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you still respect their other parent and include them in important decisions shows that you really care about their well being.

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

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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.

Explains in terms that young people can understand the concepts of divorce and family, and offers suggestions and activities for coping with feelings of anger, blame, shame, and loneliness.

Parenting Apart

If Your Parents Divorced, Will You Too?

A Survival Guide for Kids

A Read-Together Book for Parents and Young Children During Divorce

Kids and Divorce

Parenting After Divorce

Protecting the Parent/Child Bond from a Vindictive Ex

NATIONAL BESTSELLER • Soon to be a Hulu Original series • The internationally acclaimed author of *Wild* collects the best of The Rumpus's Dear Sugar advice columns plus never-before-published pieces. Rich with humor and insight—and absolute honesty—this "wise and compassionate" (*New York Times Book Review*)

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book is a balm for everything life throws our way. Life can be hard: your lover cheats on you; you lose a family member; you can't pay the bills—and it can be great: you've had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. Sugar—the once-anonymous online columnist at The Rumpus, now revealed as Cheryl Strayed, author of the bestselling memoir *Wild*—is the person thousands turn to for advice.

When your parents divorce, it can feel like the world turns upside down. What do you do? Whether you live mostly with your mum or dad, this story can help you through the tough times.

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

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legacy once and for all!

"Your divorce doesn't have to damage your children...", " Stahl assures, " ... especially if you limit your children's exposure to your conflicts." He knows parents are not perfect, and he uses that knowledge to show imperfect parents how to settle their differences in the best interests of the children. This revised and updated second edition features ideas from the latest research, more information on long-distance parenting, dealing with the courts, and working with a difficult co-parent. A realistic perspective on divorce and its effects on children, Parenting After Divorce features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help for divorcing parents, custody evaluators, family court counselors, marriage and family therapists and others interested in the best interests of the children.

Resolving Conflicts and Meeting Your Children's Needs Explain What Divorce Is and How It Affects a Kid's Day-To-Day Life

5 Things to Pray for Your Parents

Home Will Never Be the Same Again

What Teenagers Experience and how They Cope

The Inner Lives of Children of Divorce

A Guide to Good Parenting Through Divorce

Offers advice to girls dealing with various aspects of divorce, remarriage, and stepfamilies.

Your ex-spouse is bad-mouthing you to your children, perhaps even trying to turn them against you. If you handle the situation ineffectively, you could lose your children's respect, their

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affection—even, in extreme cases, contact with them. Backed by twenty-five years of experience in helping families, Dr. Richard Warshak presents powerful strategies for dealing with everything from tainted parent-child relationships in which children are disrespectful or reluctant to show their affection to disturbances in which children virtually disown an entire side of the family. *Divorce Poison* offers advice on how to: Recognize early warning signs of trouble React if your children refuse to see you Respond to rude and hateful behavior Avoid the seven most common errors made by rejected parents This groundbreaking work gives parents powerful strategies to preserve and rebuild loving relationships with their children and provides legal and mental-health professionals with practical advice to help their clients and ensure the welfare of children.

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

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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.

My Family Is Changing

The List of Things That Will Not Change

Divorced But Still My Parents

Vicki Lansky's Divorce Book for Parents

Overcome the Legacy of Your Parents' Breakup and

Enjoy a Happy, Long-Lasting Relationship

Between Two Worlds