

BIBLIOGRAPHY WITH CHILDREN

The following is a list of books in our client library that address different aspects of divorce. This bibliography is intended to aid you in seeking more information on the topic of divorce and related issues. These books are a representative cross-section of books on the topic. You may review any of these at our client library to decide whether any would be helpful to you. The content and opinions in these books is not our input or legal advice. It is our intent that you use our library as a survey, so you can decide on purchasing books you find helpful.

We hope that you find this list useful. We welcome your feedback and/or suggestions for other books you may come across that are not listed.

Baker, Amy Ph.D. and Andre, Katherine Ph.D. (2015) Getting Through My Parents' Divorce: A Workbook for Children Coping with Divorce. Instant Help.

Summary: A workbook for kids to guide children through a number of situations and give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents are going through a divorce.

Bonnell, Karen and Little, Kristin. (2017) The Co-Parenting Handbook. Sasquatch Books; Reprint edition

Summary: A valuable resource for parents and families in transition with a tested “here’s how” approach. An excellent, insightful, and practical resource.

Bonnell, Karen and Papernow, Patricia. (2018) The Stepfamily Handbook: From Dating, to Getting Serious, to forming a “Blended Family”. CreateSpace Independent Publishing Platform.

Summary: The Stepfamily Handbook provides a roadmap through the “Five Stepfamily Challenges” that will likely surface shortly after you begin dating and grow in intensity as your relationship develops — with practical, proven tips to meet each challenge.

Cameron, Nancy. (2016) Collaborative Practice: Deepening the Dialogue. The Continuing Education Society of British Columbia.

Summary: Written for professionals, but also great insights for clients considering the collaborative process. An essential resource for professionals who are practicing in or who are making the change to collaborative family practice in a thoughtful, humorous, and concise manner.

Clements, Ruth. (2019) Surviving Separation and Divorce: Dealing with divorce day-to-day. Lion Books.

Summary: Clements guides the reader, with compassion and practical advice, on how to survive the day to day aspects of divorce. Showing that there is always hope, and giving tips on how to deal with the practicalities of separation and divorce.

Cohen, Elizabeth. (2021) Light on the Other Side of Divorce. Mango Publishing Group.

Summary: Dr. Elizabeth Cohen, a therapist who has worked with hundreds of clients in the midst of divorce, offers advice and a tested method of recovering after a divorce. Dr. Cohen has also faced divorce, so she offers her own knowledge of the process and how she handled life on the emotional divorce-recovery journey.

Covy, Karen, J.D. (2015) When Happily Ever After Ends: How to Survive your Divorce Emotionally, Financially and Legally. CreateSpace Independent Publishing Platform

Summary: This book identifies the challenges and complications of divorce in all aspects of the couples' life. It offers detailed advice complete with relatable examples to help individuals navigate the process and deal positively with the impact of divorce.

Eddy, Bill, LCSW, Esq. (2021) Calming Upset People with EAR. Unhooked Books.

Summary: Following his BIFF Response method and book series on written communication, this book will come in handy when interacting in-person in all kinds of upset situations to show empathy and respect to help calm tension and build communication.

Eddy, Bill, LCSW, Esq., Burns, Annette, and Chafin, Kevin. (2020) BIFF: for CoParent Communication: Your Guide to Difficult Texts, Emails, and Social Media Posts. Unhooked Books.

Summary: Explains how the BIFF (Brief, Informative, Friendly, Firm) approach is an invaluable tool in divorce and co-parenting, when not only do you need to deal with your own emotions, you may be faced with a daily barrage of hostile calls, texts, email, and social media blasts. How can you regain a sense of control and peace for your own sake and for the kids?

Ellis, Erica. (2020) Your Healthy Divorce Journey: A Step-by-Step Guide Through the Process of Divorce. Healthy Divorce Journey, LLC.

Summary: Dr. Erica Ellis will walk you through every step of the divorce journey, from deciding upon which legal process to utilize, to how to best emotionally support yourself and your children, all the way through effective strategies for establishing new relationships and blending new families.

Graham, Deborah, Kavoukain, Stella, and Anderson, Alison. (2022) A Guide To A Sensible Divorce. Tellwell.

Summary: A comprehensive and practical tool for partners to navigate the stresses of separation and divorce. This guide provides clear and practical answers to the most commonly asked questions relating to parenting, legal, and financial issues.

Green, Janice. (2019) Divorce After 50: Your Guide to the Unique Legal & Financial Challenges 2nd edition NOLO

Summary: Written by an attorney, this book focuses on the issues confronting couples over 50. Information is provided regarding health care, estate planning, alternative processes to divorce and numerous other important topics.

Hartley, Gabrielle and Brower, Elena. (2019) Better Apart. Harp Collins Publishers.

Summary: A guide to radically reframing the way you experience separation and divorce, including help on navigating common legal and emotional pitfalls of divorce.

Hughes, Carol R. and Fredenburg, Bruce (2020) Home Will Never Be the Same Again: A Guide for Adult Children of Gray Divorce. The Rowman & Littlefield Publishing Group, Inc.

Summary: With the increase in divorces over the age of fifty, adult children are often caught in the crossfire. This book delves into often overlooked issues among adult children; single, married, or with children of their own, each adult child faces their own challenges. The authors provide guidance in navigating these issues and how to ensure these often-dismissed voices are heard.

Kellner, E. (2010) The Pro Child Way: Parenting with an Ex. UnTapped Talent LLC: Pennsylvania.

Summary: Readers are guided through forty-six of the trickiest divorced-parenting situations, followed first by the often typical reaction, then the positive pro-child response. This book's problem/solution format makes it easy for a parent to gain advice on any issue while addressing the child's need for love, patience, kindness, consistency, and security.

Mann, BJ. (2018) A Better, Not Bitter Divorce: The Fair and Affordable Way to End Your Marriage. HopeHill Publishing.

Summary: BJ brings you the wealth of information she has put to use in her work with thousands of divorcing couples. You'll find clear explanations, concise worksheets, and detailed checklists you need to navigate the four aspects of divorce.

Mercer, D. J.D. (2010) Making Divorce Work. Penguin Group: New York.

Summary: This book provides tools and inspiration for parents to renegotiate their relationship with their spouse, put an end to unproductive arguments and behaviors, determine a fair win-win settlement, and move on from their marriage happy, healthy, and whole.

Paris, Wendy. (2016) Splitopia: Dispatches From Today's Good Divorce and How To Part Well. Atria Books: New York

Summary: Engaging and groundbreaking, Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits.

Paulsen, Shannon Rios. (2017) Healthy Children of Divorce in 10 Simple Steps: Minimize the Effects of Divorce on Your Children. LifeThreads, LLC.

Summary: Looking for guidance on how to navigate your divorce without having a negative impact on your children? This book will provide you with answers regarding the questions you have about your children surrounding divorce including actions to protect your children and co-parenting.

Pedro-Carroll, J. Ph.D. (2010) Putting Children First. Penguin Group: New York

Summary: Written by a clinical psychologist, researcher, consultant, and therapist, this book explains with clarity and compassion how parents can dramatically change the emotional health effects that the breakup of a family can have on children.

Peters, Jon. (2012) The Quick Guide to Divorce Mediation: Practical Advice for Satisfying Agreements.

Summary: A brief and comprehensive guide to mediation aimed at divorcing parents. Mediation is explained and each step of the process is clearly detailed to help readers wisely choose whether mediation is the right choice and be well-prepared.

Purdy, Deb. (2017) Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce. InsightStream.

Summary: Feelings of all types can linger after a divorce is finalized, whether you are newly divorced or have been divorced for a long while. This book discusses how to take those feelings and create feelings of happiness and make you more peaceful. Use this book as a springboard to your best life after divorce.

Richardson, Justin, Peter Parnell, and Henry Cole. (2015) And Tango Makes Three. Simon & Schuster for Young Readers: New York.

Summary: Based on the real penguin couple in the Central Park Zoo, this story explains how two fathers can be equally as loving and caring as a mother and father. Good way to start the conversation about single-sex marriages and families.

Rye, Mark S. Ph.D. (2015) The Divorce Recovery Workbook. New Harbinger Publications.

Summary: The Divorce Recovery Workbook offers a unique approach using mindfulness and positive psychology to help you cope with post-divorce emotions. You'll learn self-compassion to help you heal, forgive, and form new, loving relationships. The book also includes helpful exercises and tips for managing a co-parenting relationship.

Sember, Brette. (2019) The No-Fight Divorce Book. Sember Resources.

Summary: Don't make divorce harder than it already is. The No-Fight Divorce Book provides you with all you need to know to take advantage of mediation, an increasingly popular, proven alternative to traditional divorce that is less time-consuming, far less expensive, and a whole lot more civilized.

Stark, Vikki. (2015) The Divorce Talk: How to Tell the Kids: A Parent's Guide to Breaking the News without Breaking Their Hearts. Green Light Press

Summary: A straightforward guide based on interviews with over one hundred children that teaches parents how to limit their children's stress and risk of trauma as the family transitions. Specific examples and advice is provided to help parents have divorce conversations with their children in ways to avoid an emotional tug-of-war.

Stoner, Katherine E. (2018) Divorce without Court: A Guide to Mediation & Collaborative Divorce. California: Nolo Books

Summary: Using the approach of collaborative divorce, this book guides readers through steps necessary to negotiate a divorce settlement, and provides examples of what can be expected in either mediation or collaboration. It also provides resources, including contact information for state officials, as well as national and regional organizations.

Woodhouse, Violet, and Dale Fetherling. (2019) Divorce & Money: How to Make the Best Financial Decisions during Divorce. Berkeley, CA: Nolo

Summary: The author reduces the complexities of the financial aspect of divorce down into easy to follow steps for couples beginning the divorce process.

Books for Children:

The following is a list of books in our client library that address different aspects of divorce for children. This bibliography is intended to aid you children in seeking more information on the topic of divorce and related issues. We hope that you and your children find this list useful. We welcome your feedback and/or suggestions for other books you may come across that are not listed.

Brown, L.K. & Brown, M. (1988) Dinosaurs Divorce. Joy Street Books: Boston.

Summary: A must-read book for children experiencing the separation of their parents. Excellent for very young children.

Coffelt, Nancy, and Tricia Tusa. (2007) Fred Stays with Me! New York: Little, Brown

Summary: A young girl and her pet, who acts as a symbol of stability, navigate her parent's divorce together.

Cottrell, Amanda. (2019) Divorce is a 'D' Word: Sometimes Two Separate Homes Can be Better than One.

Summary: Children often feel anxious, lost and even more confused than their parents. They do not understand why you are choosing to separate. This book helps explain that separation and divorce are not their fault and help you as a parent explain so your child understands.

Garrett, Lauren Braude. (2011) Hasby Finds His Voice. Balboa Press: Bloomington, IN

Summary: Author Lauren Garret has written a light, age-appropriate story, which will engage young children and their parents navigate the early stages of divorce. It seeks to impart the all-important message that children must learn that their words matter. The main character, Hasby, learns to use his voice to keep him safe.

- Herman, Steve. (2019) Help Your Dragon Deal With Change: Train Your Dragon To Handle Transitions. DG Books Publishing: Tallahassee, FL
Summary: Change happens, and life keeps changing. Instead of avoiding change, help your child learn to adapt, anticipate, and enjoy the new experience when the change comes their way.
- Hoffman, Mary, and Ros Asquith. (2011) The Great Big Book of Families. Dial for Young Readers
Summary: Celebrates the diversity of a community by showing the many different shapes and sizes of families. The book highlights many lifestyles and cultural differences, showing that love is the common factor of what makes a family strong.
- LeMaire, Colleen. (2014) I Have Two Homes. CreateSpace Independent Platform
Summary: Emphasizes that a parent's love is what makes a family special and that love is strong enough to outlast difficult situations, like divorce.
- McConaghie, Tracy. (2020) My Family Is Changing: A Drawing and Activity Book for Kids of Divorce. Rockridge Press: Emeryville, CA
Summary: A guided workbook following the process of divorce in a collection of mini stories with activity and drawing space to help children explore their feelings around divorce.
- Newman, Leslea, and Carol Thompson. (2009) Mommy, Mama, and Me. Tricycle Press; Brdbk edition
Summary: Rhythmic text and illustrations with universal appeal show a toddler spending the day with its mommies. Shares the loving bond between same-sex parents and their children.
- Newman, Leslea, and Carol Thompson. (2009) Daddy, Papa, and Me. Tricycle Press; Brdbk edition
Summary: Rhythmic text and illustrations with universal appeal show a toddler spending the day with its daddies. Shares the loving bond between same-sex parents and their children.
- Ricci, Isolina Ph.D. (2013) Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two. Touchstone
Summary: From the author of the classic Mom's House, Dad's House, the essential guide for kids on how to stay strong and succeed in life when parents separate, divorce, or get married again. This book is packed with practical tips, frank answers, easy-to-use lists, "train your brain" ideas, reproducible worksheets, and things to try when words just won't come out right.
- Roberts, Jillian and Revell, Cindy. (2020) Why Do Families Change?: Our First Talk About Separation and Divorce. Orca Book Publishers.
Summary: Child psychologist Dr. Jillian Roberts designed the Just Enough series to empower parents/caregivers to start conversations with young ones about difficult or challenging subject matters like divorce and separation.
- Torres, Melissa. (2017) Mom and Dad Love Me the Same: An introduction to divorce from a child's perspective. CreateSpace Independent Publishing Platform: Scotts Valley, CA
Summary: Explaining the changes and observations to the reader of how his life will change and what will stay the same, the reader follows the story of an 8-year old boy after his parties tell him they are getting a divorce.
- Walsh, Melanie. (2012) Living with Mom and Living with Dad. Candlewick; Ltf edition: Somerville, MA
Summary: Melanie Walsh visits the changes in routine that are familiar to many children whose parents live apart, but whose love and involvement remain as constant as ever.