Divorce:

Tips for Parents

- Don't Confide in your children about adult concerns (disagreements, money)
- Don't speak badly about your ex near your child
- Don't quiz your child about the other parent (snooping), but do ask about their time there be interested and supportive
- Don't argue or discuss child support issues in front of your child
- Don't use your child as a pawn to hurt the other parent
- Continue as the parent you always have; stay consistent,
- Encourage kids to call the other parent when they have news or just to chat
- Keep the other parent informed about school events and other activities
- Educate yourself on how to help your child cope with the divorce, and get help if the child is having trouble coping with the divorce
- Don't send messages back and forth through the child
- Avoid blaming
- Listen to your child, help them find the words to express what they are feeling, let them be honest without getting defensive, and acknowledge their feelings
- Reassure your child that they are not responsible for the divorce and you both will continue to love them
- Deal with your own painful feelings regarding the divorce, if you are able to adjust your kids will be more likely to do so as well; get outside help if needed
- Be patient with yourself and your child
- Tell the truth
- Say goodbye with a smile, make it clear your happy the child is spending time with the other parent

Websites for Parents

- http://www.helpguide.org/mental/children_divorce.htm
- http://kidshealth.org/parent/positive/talk/help_child_divorce.html
- http://www.childrenanddivorce.com/
- http://www.parents.com/parenting/divorce/coping/helping-child-deal-with-divorce/
- http://www.mayoclinic.org/healthy-living/childrens-health/in-depth/divorce/art-20047788

Books for Parents

- *Helping Children Survive Divorce: What to Expect and how to Help* By Archibald D. Hart
- *Helping Children Cope with Divorce* By Edward Teyber
- *Making Divorce Easier on your Child: 50 Effective ways to help Children Adjust* By Nicholas James Long and Rex L. Forehand
- *What children need to know when Parents Get Divorced* By William L. Coleman
- *Helping your Kids Cope with Divorce the Sandcastles Way* By M. Gary Neuman
- *Co-Parenting 101: Helping your Child Thrive in Two Households* By Deesha Philyaw and Michael D. Thomas
- *Mommy and Daddy are Getting Divorced: Helping Children Cope with Divorce* By Dr. Kristine Turner
- *The Good Divorce* By Constance Ahrons
- *Families Apart* By Melinda Blau
- *Healthy Divorce* By Craig Everett
- *Vicki Lansky's Divorce Book for Parents*

Books for Kids

- *When my parents Forgot How to be Friends* By Jennifer Moore-Mallinos
- *When Mom and Dad Divorce: A kid's resource* By Emily Menendez-Aponte
- *Monk Monk and Me: The Children's guide to divorce* By Nolan Johnson
- *Divorce Happens to the Nicest Kids: A self-help book for kids* By Michael Prokop
- *What in the world do you do when your parents divorce? A survival guide for kids* By Kent Winchester and Roberta Beyer
- *How to Survive Your Parents' Divorce: Kid's Advice to Kids* By Gayle Kimball
- *It's not your fault Koko Bear: A read together book for parents and young children during divorce* By Vicki Lansky
- *What Can I Do? A book for children of divorce* By Danielle Lowry