

## My Parents Are Divorced Too A Book For Kids By Kids

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.

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.

Hi! This book is for you, not your parents. This whole process you're going through is tough. Believe me, I know. I've been there. Divorce ran in my family even before I was born. My parents were divorced when I was six, and I've had multiple stepparents, new families, and half-brothers. Divorce is a mixed bag, and it's easy to get overwhelmed with the huge changes that are taking place in your life. With so many disruptions, it's hard to focus on everything that's going wrong and everything you think you've lost. But this book isn't about that. When I went through my experiences with divorce, I was lucky enough to have my family and friends all help me with good advice. They helped me see the bright side of all these new experiences, and they helped me keep a level head and a positive perspective. In this book, I've put together the most important stuff I figured out to try to make this whole thing a little easier for you to deal with. I wrote this to be a practical book that deals with the everyday situations of divorce, and The Bright Side is full of useful information, like tips on traveling through airports alone, managing your schedule between two houses, or how to tell your parents that you won't take sides. Most important is The Divorced Kids' Bill of Rights, seven inalienable rights that kids have and need to know. So take a look--it's not that long. I hope it helps you out and makes your life a little easier. --Max Sindell

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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.

Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.

This book is a resource that can help kids make sense of what's happening, process and talk about their feelings about divorce or separation. 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.

This report provides new evidence on social mobility in the context of increased inequalities of income and opportunities in OECD and selected emerging economies. It covers the aspects of both, social mobility between parents and children and of personal income mobility over the life course, ...

Collects top-selected postings on life and relationships from The Rumpus' popular "Dear Sugar" online column, sharing recommendations on everything from infidelity and grief to marital boredom and financial hardships. Original. 40,000 first printing.

Three stepsiblings in a blended family discuss their experiences and those of friends with divorce and remarriage.

Your parents are growing older and are getting forgetful, starting to slow down, or worse. Suddenly you find yourself at the cusp of one of the most important transitions in your life—and the life of your family. Your parents need you and your siblings to step up and take care of them, a little or a lot. To make the right things happen, you will all need to work together. And yet your siblings may have very different ideas from yours of what's best for Mom and Dad. They may be completely uninterested in helping, leaving you with all the responsibility. Or they may take charge and not allow you to help, or criticize whatever help you do give. Will you and your siblings be able to reach an understanding and work together, or will the challenges you face tear you apart? Most of us enter this period of our lives unprepared for the difficult decisions and delicate negotiations that lie ahead. This is the first book that provides guidance on the transition from the "old" family to the "new" one, especially for adult siblings. Here you'll find practical advice on a wide range of topics including • Who will make major medical decisions, manage finances, and enforce end-of-life choices if your parents cannot? And how will this be decided and carried out? • How will you negotiate caregiving issues and deal with unequal contributions or power struggles? • How can inheritance and the division of property, assets, and personal effects be handled to minimize hurt feelings and resentment? • How will you cope with the natural reemergence of unresolved childhood rivalries, hurts, and needs? • How can caring for your parents be an enriching experience rather than a thankless chore? • Most important, how can you ensure the best care for your parents while lessening conflict, guilt, anger, and angst? Written by a

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veteran journalist who chronicles life and how baby boomers live it, *They're Your Parents, Too!* offers all the information, insight, and advice you'll need to make productive choices as you and your siblings begin to assume your parents' place as the decision-making generation of your family. Filled with expert guidance from gerontologists, family therapists, elder-care attorneys, financial planners, and health workers; resonant real-life stories; and helpful family negotiation techniques, this is an indispensable book for anyone whose parents are aging. When a marriage ends, it is hard enough for the two people directly involved. When there are children in the family, however, the destructive effects of a divorce or separation are magnified. In *Now What Am I Supposed to Do?* author Lynn Cassella-Kapusinski offers a workbook for teens to help them flush out their feelings and fears over their parents' divorce or separation. The author's own parents divorced when she was eleven, and she writes with a style that teens can easily relate to without feeling talked down to. The exercises in *Now What Am I Supposed to Do?* can be done alone or with friends. While this book is aimed at teens, it is also a helpful guide for parents and youth ministers who want to help teens work through their emotions.

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.

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.

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.

"When your parents divorce, it can feel like the world turns upside down. What do you do? Whether you live mostly at your mom's or dad's, this story can help you through the tough times."--from cover, p. [4]

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

Fresh ideas to help you pray for your parents. 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*.

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.

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. "Parents argue a lot before a divorce," says Dr. Stahl. "If they continue to argue after the divorce, their children will suffer." Stahl 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. Often required reading in court-mandated divorce education classes.

"Splitopia challenges outdated, negative assumptions about divorce with sharp wit, searing honesty, rigorous research, and intimate interviews, and offers guidance for healthier, happier splits"--

Interviews with 28 young people explore their understanding of their parents' divorce, what caused it, their feeling about it, and how they coped with it.

In contemporary understanding, the working areas of children's psychology are expanding considerably. The mental health of the children ensures that they are able to use their developmental abilities, cope with difficulties in life, be productive and be creative, and demonstrate cognitive, emotional, and behavioral characteristics appropriate to their developmental turn. This research was conducted to be able to identify behavioral disorders that may be a sign of children's mental problems and to shed light on the resolution of possible problems by facilitating the follow-up of psychosocial developments during the period of growth. This book presents an overview of the contemporary approaches in the departments of child education and psychology, with the hope of them growing up as happy, peaceful, balanced, thoughtful confident and successful individuals.

A successful co-parenting relationship is as vital to your child's well-being and health as nutritious food or proper exercise. Research, anecdotal evidence, and plain common sense all point to the fact that children are happier, healthier, and better adjusted when both of their parents play an active role in their lives. Studies also show that the trauma children experience in the wake of a divorce or separation can be lessened when they see their parents getting along. Kids whose parents successfully co-parent feel more secure than those who have limited or no connection to one of their parents post divorce. *Co-Parenting 101* is

based on the premise that co-parenting is a must, not an option. The involvement of both parents—not just the primary guardian—is the cornerstone of successful co-parenting. This is the first book written by a formerly married couple for whom co-parenting is central to their day to day lives, and it offers a comprehensive, personal, and upfront look at how to effectively raise kids with an ex-spouse. Authors Deesha Philyaw and Michael D. Thomas, the creators of the popular co-parenting website, co-parenting101.org, share their own experiences raising their children together, as well as provide professional advice from co-parenting experts. Through practical tips combined with expert parental strategies, this book a great resource for divorced parents with children. For parents, less time stressed out about legal wrangling means more time to be fully present and engaged with the children. By learning to put their animosity aside, parents can focus on putting their kids first.

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

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

What is the real legacy of divorce? To answer this question, Constance Ahrons, Ph.D., interviewed one hundred and seventy-three grown children whose divorcing parents she had interviewed twenty years earlier for her landmark study, the basis of which was the highly acclaimed book *The Good Divorce*. What she has learned is both heartening and significant. Challenging the stereotype that children of divorce are emotionally troubled, drug abusing, academically challenged, and otherwise failing, Dr. Ahrons reveals that most children can and do adapt, and that many even thrive in the face of family change. Although divorce is never easy for any family, she shows that it does not have to destroy children's lives or lead to a family breakdown. With the insight of these grown children and the advice of this gifted family therapist, divorcing parents will find helpful road maps identifying both the benefits and the harms to which postdivorce children are exposed and, ultimately, what they can do to maintain family bonds. 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.

Eleven-year-old Isabella's blended family is more divided than ever in this "timely but genuine" (Publishers Weekly) story about divorce and racial identity from the award-winning and New York Times bestselling author of *Out of My Mind*, Sharon M. Draper. Eleven-year-old Isabella's parents are divorced, so she has to switch lives every week: One week she's Isabella with her dad, his girlfriend Anastasia, and her son Darren living in a fancy house where they are one of the only black families in the neighborhood. The next week she's Izzy with her mom and her boyfriend John-Mark in a small, not-so-fancy house that she loves. Because of this, Isabella has always felt pulled between two worlds. And now that her parents are divorced, it seems their fights are even worse, and they're always about HER. Isabella feels completely stuck in the middle, split and divided between them more than ever. And she is beginning to realize that being split between Mom and Dad involves more than switching houses, switching nicknames, switching backpacks: it's also about switching identities. Her dad is black, her mom is white, and strangers are always commenting: "You're so exotic!" "You look so unusual." "But what are you really?" She knows what they're really saying: "You don't look like your parents." "You're different." "What race are you really?" And when her parents, who both get engaged at the same time, get in their biggest fight ever, Isabella doesn't just feel divided, she feels ripped in two. What does it mean to be half white or half black? To belong to half mom and half dad? And if you're only seen as half of this and half of that, how can you ever feel whole? It seems like nothing can bring Isabella's family together again—until the worst thing happens. Isabella and Darren are stopped by the police. A cell phone is mistaken for a gun. And shots are fired.

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.

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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.

*My Parents Are Divorced Too* A Book for Kids by Kids

This book is hopefully the voice for every child who experiences any of the downs of divorce, simply because one parent chooses to do his own thing for "Just Right Now." Divorce is hard enough for the child in and of itself without their having to deal with the fact that that loving missing parent believes his needs are more important than his child's. This is where I believe a real difference exist in Americans and Jamaicans. Jamaicans seem to have a stronger feel for Family, Elders and loyalty. Fatherhood is not a temporary position! Most men here are more than enthused when it comes to promoting themselves for the sake of their business; it makes you wonder how does their enthusiasm diminish when it comes to involvement with their own flesh and blood! If they would just try giving themselves completely for a little while to that child they would surely see that their children's love would fill the void they're denying, and the love given and received from them will last longer, and weigh greater than anything else, forever. 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!

Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. *Helping Your Kids Cope with Divorce the Sandcastles Way* can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you: How to build a co-parenting relationship--even when you think you can't When you or your child should see a therapist Age-appropriate scripts for addressing sensitive issues What to do when a parent moves away How to stop fighting with your

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ex-spouse How to navigate the emotional turmoil of custody and visitation How to help your child deal with change How to cope with kids' common fears about separation How to introduce significant others into the family and help your child cope with a new stepfamily More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents.

Celebrate the thirtieth anniversary of the Newbery Honor-winning survival novel *Hatchet* with a pocket-sized edition perfect for travelers to take along on their own adventures. This special anniversary edition includes a new introduction and commentary by author Gary Paulsen, pen-and-ink illustrations by Drew Willis, and a water resistant cover. *Hatchet* has also been nominated as one of America's best-loved novels by PBS's *The Great American Read*. Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.

Identifies and offers advice for understanding children who are highly sensitive, self-absorbed, defiant, inattentive, and active/aggressive  
A completely revised and updated edition on this sensitive subject designed to be read with elementary-age children facing the agonizing trauma of divorce.

If your parents divorced when you were a child, 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.

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