

The Divorce Workbook For Children Help For Kids To Overcome Difficult Family Changes And Grow Up Happy Activities To Help Kids Grow Up Happy And Healthy Despite Difficult Family Changes

As a parent, when you think about the word "divorce," many feelings might come to your mind, but what about your children's feelings? How can you help them deal with their very real feelings about your divorce? Feelings are a superpower when used responsibly. Feelings tend to get a bad reputation because they can sometimes be overwhelming and painful, but feelings help us learn to cope, process, and heal from all the things we experience. The true healing powers of feelings can get lost in all the chaos. It is time to take children's feelings out of the shadows and bring them to the light. Sharing all feelings is important in the healing process. This interactive workbook: Provides a safe space for children to stay "whole" before, during, and after their parents' divorce. Gives children a healthy, creative outlet to explore and process their feelings by initiating discussion, as well as discovering the power of self-affirmation and drawing. Takes a journey inside the concerns of children regarding how their lives will be changed by their parents' divorce.

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.

What Can You Do As A Parent To Minimize The Impact of Divorce On Your Children? -Do you worry that your divorce will have a negative impact on your child's life? -Are you and your child's other parent locked in a cycle of resentment and dysfunction? -Do you want to do everything in your power to create a healthy future life for you and your child? This book will provide you with all of these answers and more. It is easy-to-read and includes actionable steps to ensure the best outcome for your children. The simple, yet life-changing ten-step process this book outlines will help you to: -Make the best choices for your children to ensure their long-term health -Partner with your co-parent for the sake of your children -Take actions that will protect your children during this time -Communicate productively with your co-parent -Release the past so you can create a love-filled future with your children Praise for the author's best-selling book *The 7 Fatal Mistakes Divorced and Separated Parents Make: Strategies for Raising Healthy Children of Divorce and Conflict*: "This book is a must-read for parents contemplating divorce, those already in the divorce process, and those who have a parenting plan in place... - Albert V. Evans, Family Law Attorney "This wonderful book should be required reading and writing for every divorced or never-married parent." - Dr. Shirley Thomas, counsellor and author *Mediating Divorce: A Step-by-Step Manual* is written for family law attorneys and therapists who need a comprehensive resource for facilitating the divorce mediation process. Written by Marilyn S. McKnight and Stephen K. Erickson, two widely known pioneers in the field of divorce mediation, this useful guide will show how to implement the techniques needed to be an effective divorce mediator. It includes helpful information for understanding and working through the emotions experienced by people going through a divorce.

In the same way as it is for teenagers, the window of opportunity for children for preventing serious problems later in life is one year from the time of separation. If the anxiety or concern remains untreated, teens from single or blended families are three times more likely to need psychological help. This workbook contains forty activities to help younger children to cope in these difficult situations. It focuses particularly on getting kids out of the middle and making them more self-reliant. Every child whose parents are going through a divorce needs this workbook!

How can children successfully survive the trauma of divorce? In friendly, heart-to-heart language, Archibald Hart offers divorced parents specific ways to help children cope with the psychological and social damage that comes with divorce.

EXPERT ADVICE ON PERSONAL GROWTH AND DECISION-MAKING FOR DEEPER THINKERS WHO WANT MORE THAN AFFIRMATIONS AND CLICHES Your stress, anxiety and negative thoughts are huge obstacles to happiness. You must learn to make healthy decisions and place your needs first. This book, *The Overwhelmed Brain*, provides proven methodologies for smarter, actionable ways to: •Be true to yourself •Build positive relationships •Overcome stress and anxiety •Stop self-sabotage •Make smart decisions •Rise above your fears With tips, anecdotes, exercises and expert advice from popular life coach and podcaster Paul Colaiani, *The Overwhelmed Brain* will empower you to take control over your emotional well-being and act on your dreams, goals and values.

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

Offers advice for "ACDs" on dealing with self-esteem, addiction, sibling relationships, courtship, and marriage

It's tough being a teen even in the best of circumstances, but when parents divorce teens are faced with an additional set of practical and emotional issues. This book gives them everything they need to get through their parents' divorce and keep it from taking a long-term emotional toll. Teens learn how to: cope with the grief, fear, and anger that accompany divorce; adjust to having two homes and changes in financial status; assert their right to be teens, to separate from their parents' problems, and to love both parents; not get caught in the middle of battling parents; understand that the divorce is not their fault and overcome feelings of guilt. Research tells us that teenagers in single-parent families and in blended families are 3 times more likely to need psychological help and that boys are more likely to become aggressive

and girls are more likely to experience depression as a result of divorce. While this sounds like a grim picture, it's important to remember that there is help and that divorce need not leave a painful legacy. The Divorce Workbook for Teens helps teenagers come through their parent's divorce emotionally and psychologically intact.

"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.

Is your child stuck in the middle of a high-conflict divorce? In *Getting Through My Parents' Divorce*, two psychologists and experts in parental alienation offer a fun and engaging workbook to help kids work through stressful or confusing emotions and feel safe and loved—no matter what. Divorce is never easy. But for kids who have parents in conflict with one another, or where one parent is so hostile that he or she is actively trying to undermine the kids' relationship with the other parent, divorce can be unbearable. This workbook is designed especially for kids, and includes helpful tips and exercises to help them deal with the negative impact of custody disputes, understand and identify their feelings, learn to cope with stress and other complex emotions, and feel secure. Written by two leading experts in child psychology, this easy-to-use workbook includes a number of helpful suggestions to guide children through a number of possible scenarios, such as what to do if one parent says mean and untrue things about the other parent; what to do if a parent asks them to keep secrets from another parent; or what to do if one parent attempts to replace the other parent with a new spouse. If you have or know a child that is dealing with a difficult divorce, this workbook will give them the tools needed to move past loyalty conflicts and the difficult emotions that can arise when parents don't get along. *Twice the Love* is a workbook for children who are adjusting to a new blended family. Using the workbook, children are guided through the changes that are brought about when two new families are formed. *Twice the Love* helps children understand their feelings are normal and that accepting the new family structure is not betraying the former family structure. Ages 7-12, Softcover, 40 pages Other titles available in the *Helping Kids Heal Series* *Saying Goodbye: Memory Book* *Memories of You: Pet Memory Book* *Beyond Being Bullied: A Resiliency Workbook for Kids Who Have Been Bullied* *Outsmart Test Anxiety: A Workbook to Help Kids Conquer Test Anxiety* *Better Days: A Workbook to Help Kids Better Understand and Accept Retention* *A Brighter Tomorrow: A Workbook to Help Kids Cope with Traumatic Events* *Chill Out: A Workbook to Help Kids Learn to Control Their Anger* *Mom or Dad's House?: A Workbook to Help Kids Cope with Divorce* *Broken Promises: When Parents Don't Keep Their Word* *Cyber Savvy: A Workbook for Kids Who Have Been a Target of Cyberbullying* *Somebodyness: A Workbook to Help Kids Improve Their Self-Confidence* Each workbook in the *Helping Kids Heal Series* allows children to process their pain through art therapy, self-reflection, and self-awareness activities.

A beautifully illustrated picture book to support children through divorce or separation. The fears, worries and questions surrounding this difficult experience are made accessible and approachable. Notes for parents and teachers at the back of the book provide valuable advice for how to share this book with your child or class. Written by a trained psychotherapist, journalist and parent, and illustrated by an experienced children's book artist, this title is part of an acclaimed and successful series of picture-book non-fiction for Early Years. Books in the series give advice and promote interaction between children, parents, and teachers on a wide variety of personal, social and emotional issues. They are excellent tools for teachers to use during classroom discussions.

A young girl tries everything she can think of to keep her parents from getting a divorce, but with the help of her school counselor, she comes to realize that the divorce is not her fault.

Information designed to help children express, explore and understand some of the many emotions triggered by the separation and divorce process.

In *The Divorced Catholic's Guide to Parenting*, Catholic author, speaker, and licensed clinical professional counselor and pastoral counselor Lynn Cassella-Kapusinski, herself a child of divorce, takes parents step by step through these challenges. Drawing on her own story and professional experience, she helps Catholic parents walk with their children through the heartbreak of divorce into the healing, peace, and even joy that is possible in their lives. In this groundbreaking work, readers will: Uncover the emotional effects and challenges that divorce or separation may have on children and find concrete, developmentally appropriate ways to address them Understand common problems children face as a result of coparenting difficulties or a parent's personal issues and learn how to communicate constructively about them Navigate circumstances that arise in the later stages of divorce when a parent is absent, or when one or both parents date or remarry Explore ways to use the divorce as a Catholic teaching tool on God, forgiveness, and the beauty of the Sacrament of Matrimony Find outside resources and additional support Throughout this book, Lynn's thoughtful advice reveals how the Catholic Faith and its teachings are the key to loving your children through divorce and preparing them to live full, joyful lives. "I commend Lynn Cassella-Kapusinski for shining light on a common, but difficult to address, topic. She offers wisdom for parents on how, with God's grace, to raise their children after the pain of separation. Not only does she communicate the teaching of the Church, but she also offers insightful, practical details, stemming from her own experience as a counselor, that will greatly benefit divorced parents in supporting and guiding their children." — Archbishop Samuel J. Aquila, Archdiocese of Denver "The *Divorced Catholics Guide to Parenting* is a welcome follow-up to Lynn's earlier works. Drawing from the best of the psychological sciences, the Church's teachings, and her own experiences, this newest addition demonstrates a thoughtful coincidence of wisdom with approachability and practicality. Lynn's book and ministry are great gifts to the Archdiocese of Baltimore and beyond." — Archbishop William E. Lori, Baltimore "Lynn Cassella-Kapusinski's book, *The Divorced Catholic's Guide to Parenting*, is an answer to the calling of the whole Christian community to accompany with attention and care those who have endured the effects of divorce. Offering professional and personal insights, it is a timely resource particularly to help treat and heal the wounds suffered by the most innocent and vulnerable — the children of divorce." — Archbishop Wilton D. Gregory, Archdiocese of Washington, D.C. "A very impressive, easy-to-use guide for divorced parents to help with their children's journey. Lynn shares her experience as a child of divorce and counselor to families and provides specific tools and the gifts of our Catholic Church to minimize the trauma of divorce for children. This guide addresses any stage your family is struggling through and can be revisited as dynamics change. As a Family Therapist, I recommend this book for parents who are looking for answers and support to ease the pain." — Kelly Klaus, MA, LMFT, Executive Director of Catholic Divorce Ministry "A remarkable book to aid divorced parents in pastorally walking with their child who has been affected by divorce. Lynn once more writes a great resource for families who seek healing. She provides practical and poignant steps that divorced parents can take to aid their child. Lynn captures the reality that it is faith in God that will be an anchor for all dealing with loss and pain." — Michael Donaldson, MTS, Parish Development Director, Saint Oscar Romero Catholic Community, Eastvale CA ABOUT THE AUTHOR Lynn Cassella-Kapusinski, LCPC, NCC, is a licensed clinical professional counselor, pastoral counselor, and a leading figure in Catholic pastoral care of children from divorced or separated families. Her work has been recognized by Pope Emeritus Benedict XVI, the Pontifical

John Paul II Institute for Studies on Marriage and the Family, the Knights of Columbus, and various dioceses. She has appeared on EWTN and Relevant Radio and speaks at conferences around the country.

A GOOD MORNING AMERICA BOOK CLUB PICK "An intense psychological drama that will be embraced by serious book clubs and fans of Lionel Shriver's *We Need to Talk about Kevin*." —Kristin Hannah, #1 New York Times bestselling author "A poetic, propulsive read that set my nerves jangling." —Lisa Jewell, #1 New York Times bestselling author of *Then She Was Gone* A tense, page-turning psychological drama about the making and breaking of a family—and a woman whose experience of motherhood is nothing at all what she hoped for—and everything she feared Blythe Connor is determined that she will be the warm, comforting mother to her new baby Violet that she herself never had. But in the thick of motherhood's exhausting early days, Blythe becomes convinced that something is wrong with her daughter—she doesn't behave like most children do. Or is it all in Blythe's head? Her husband, Fox, says she's imagining things. The more Fox dismisses her fears, the more Blythe begins to question her own sanity, and the more we begin to question what Blythe is telling us about her life as well. Then their son Sam is born—and with him, Blythe has the blissful connection she'd always imagined with her child. Even Violet seems to love her little brother. But when life as they know it is changed in an instant, the devastating fall-out forces Blythe to face the truth. *The Push* is a tour de force you will read in a sitting, an utterly immersive novel that will challenge everything you think you know about motherhood, about what we owe our children, and what it feels like when women are not believed.

If you have recently gone through a divorce, you might have unresolved feelings of anger toward your ex spouse; find yourself reeling from past betrayals both big and small; become stressed when you think about the legal and emotional ramifications of the divorce; or you may even experience symptoms of depression. You are not alone, and there are ways you can start to heal. *The Divorce Recovery Workbook* offers a unique approach using mindfulness and positive psychology to help you cope with these negative emotions so that you can start to rebuild your life. You'll learn powerful practices based in self-compassion to help you heal, forgive, and form new, loving relationships. The book also includes helpful exercises and tips for managing a difficult co-parenting relationship. If you've gone through divorce and are struggling to move on, there comes a moment when you must make a choice. You can let the difficult situation define who you are, or you can use it as a jumping off point for making radical changes in your life—positive changes that will leave you stronger and happier than ever before! This workbook will help you start. Struggling to care for their daughter Willow, who was born with brittle bone disease, Charlotte and Sean O'Keefe add additional strain to their overburdened family life when they file a lawsuit against Charlotte's obstetrician.

Workbook used by family courts to teach parents the skills necessary to jointly make their parenting decisions out of court. What if your child's "life-after-divorce" could be better than you've hoped for? As the post-divorce dust settles, your child's chances of leading a healthy, successful life are directly linked to how you and your former spouse relate. So instead of listening to statistics, read this book to discover real world co-parenting strategies from author, counselor, and co-parent Tammy Daughtry. Discover how you can make positive co-parenting work for you and your child by:

- Understanding how today's actions will affect your child in five, ten, and twenty years
- Teaming with your child's co-parent to develop strategies in the best interest of your children
- Helping your child feel at ease in both homes
- Increasing your child's self-esteem while minimizing anxiety
- Integrating stepparents into your co-parenting team

Co-parenting isn't easy. But with these strategies for success, you'll be prepared to create an enjoyable childhood and a healthy upbringing that will impact your child for a lifetime. Take heart—the future can be better and brighter than you've dared to hope.

A Separation in My Family is a creative, child-friendly program designed for use with elementary school children, filled with illustrations and original exercises to foster healing, self-understanding, and optimal growth.

Coping with Tourette Syndrome includes forty activities to help children with Tourette syndrome and other tic disorders learn to manage their symptoms in a variety of situations, explain their tics to others, and make friends.

A valuable resource for parents who are transitioning from being married with children to co-parenting together, this handbook will help ensure kids and co-parents thrive. Parents need help to confidently take on the challenges of guiding children through divorce or separation and raising them skillfully in two homes. The authors, both trusted divorce and co-parenting coaches, provide the road map for all family members to safely navigate the difficult emotional terrain through separation/divorce and beyond.

Addressing parents' questions about the emotional impact of separation, conflict, grief, and recovery, the authors share their well-tested and reassuring guidance on how to move from angry, hurt partners to constructive, successful co-parents who are able to put their children's needs first. Chock-full of strategies to help resolve day-to-day issues, create boundaries, and establish guidelines.

"It is almost always in your children's best interest to settle a case--with or without mediation--rather than to litigate in court," said Judge Stewart. His book fully, clearly, and concisely explains the process of court child custody litigation. It shows how custody decisions are made, what can be expected at each stage of the process, and how parents can insure that their abilities are clearly presented to persons with influence over the custody decision. It is intended to eliminate surprises that could lead to costly mistakes along the way. Parents who settle custody disputes out of court will not only save tens of thousands of dollars, but will have avoided the rancor and hostility of a custody trial that makes future cooperation in raising the children almost impossible. With help from a capable and experienced attorney, this book will allow the reader to present her/his case for custody in its best possible light. A must-read for divorcing parents, custody evaluators, family psychologists, and marriage and family therapists. Encourages children to sort out their painful feelings about the divorce of their parents through drawings.

Offers advice to help young readers understand divorce and cope with the conflicting emotions they feel during the experience through the story of Otis, a young boy whose parents are going through a tough divorce.

The Divorce Workbook for Children Help for Kids to Overcome Difficult Family Changes & Grow Up Happy New Harbinger Publications

A little girl misses her mother when she stays at her father's house, and her father when at her mother's, but soon she remembers that both of them are always in her heart.

It's tough being a teen, even in the best of circumstances. But when parents divorce, teens are faced with an additional set of practical and emotional issues. This book gives them everything they need to get through their parents' divorce and keep it from taking a long-term emotional toll. In this book, teens will learn how to: cope with the grief, fear, and anger that accompany divorce adjust to having two homes and changes in financial status assert their right to be teens, to separate from their parents' problems, and to love both parents not get caught in the middle of battling parents understand that the divorce is not their fault and overcome

feelings of guilt Research tells us that teenagers in single-parent families and in blended families are 3 times more likely to need psychological help and that boys are more likely to become aggressive and girls are more likely to experience depression as a result of divorce. While this sounds like a grim picture, it's important to remember that there is help and that divorce need not leave a painful legacy. The Divorce Workbook for Teens helps teenagers come through their parent's divorce emotionally and psychologically intact.

If the anxiety or concern remains untreated, teens from single or blended families are three times more likely to need psychological help. This book contains activities to help younger children to cope in such situations. It focuses on making them more self-reliant. It is intended for children whose parents are going through a divorce.

A complete group counseling program in 12 sessions for helping elementary children in homes affected by divorce. It offers sessions on such topics as Why Parents Marry and Divorce, Feeling Angry or Guilty, Living in Two Houses, and Stepparenting.

This book gives divorcing parents the power to make positive changes to shield your children from conflict and help you establish a positive, long term relationship with your child's other parent.

Divorce is a difficult topic for any parent or educator to explain to a child, perhaps even more so when the child has Autism Spectrum Disorder or other special needs. This book is designed specifically to help children with these additional needs to understand what divorce means. Using a question and answer format, it explores the changes and feelings a child may experience during a divorce, and provides ideas to help cope with this life change. Illustrated with SymbolStix, which uses a symbol-based language for visual thinkers, this book explains a difficult topic to children who might otherwise struggle to understand it, and gives additional guidance for parents and carers.

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 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.

A primer on the special issues of divorce that affect adolescents -- emotional matters of custody, separation, parental dating and remarriage, teenage concerns about identity formation.

Working with Co-Parents is a practical manual for therapists and social workers who work with divorced and/or separated parents of children. Unique among other books that focus on therapy with the parents individually, the author's model brings the divorced couple together to help them understand their child's experience and to assist them in developing a road to constructive co-parenting. This manual also includes illustrative case vignettes, session outlines and handouts, and homework reflection questions. Therapists and counselors will learn tools and interventions that they can apply immediately and effectively to their work with divorced couples.

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