

The Divorce Helpbook For Kids Rebuilding Books For Divorce And Beyond

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.

Quote MacGregor: 'You can't undo the divorce, but you can change some of the hassles that result from it'. This is a survival manual for teens facing the break-up of their family, with advice & support for those who inevitably get caught in the middle.

Solutions for negotiating one of life's most difficult events Healthy Divorce is a very valuable book, containing practical answers to difficult questions. --Dan Kiley, author of The Peter Pan Syndrome and The WAndy Dilemma The authors have devoted their careers to counseling divorcing families. In this encouraging book, they outline the fourteen stages of divorces and offer families practical advice and solutions for negotiating one of life's most difficult events. With sensitivity and sensibility they explain how to recognize the different stages of the divorce; what to expect during each phase; and how to deal with the predictable patterns of the divorce process. Healthy Divorce explores ways of confronting such tough issues as how to tell your children you're getting a divorce; how to plan a separation; and how to cope with your feelings of anger, grief, and abandonment. The authors offer practical advice on using mediation as an alternative to the adversarial court battle; co-parenting to maintain stability for the children after the divorce; and organizing and structuring a happy blAnded family.

Telling your kids about your divorce will probably be the most difficult conversation you've ever had with them - even if you know divorce is the right decision for your family. Whether you're raising toddlers, school-aged children, or young adults, the Telling Kids About Divorce book will help your kids feel heard, valued, and loved during this difficult time. Telling Kids About Divorce book offers practical advice that will contribute positively to your child's emotional wellbeing. Learn to initiate open communication, with:

- Concrete actions to help your children weather the emotions of divorce.
- Useful scripts to guide you through a variety of situations throughout the divorce process.
- Simple steps to improve communication, both with your former spouse and with your children.
- 10 tips to maintain co-parenting success and promote healthy, happy, well-adjusted children.

Divorce.

Written in a light-hearted manner for kids and teens, this divorce survival guide for kids is authored by two teens who share tips and tricks they learned over more than ten years, while moving from mom's to dad's house. They decided to write it after realizing that when their friend's parents were divorcing, they were the 'go-to' divorce kids for advice...and they realized they were sharing the same information each time. So, they wanted to share the information with all kids that are going through this difficult time, but in a kid-to-kid kind of way. In an easy to read format you'll find tips for what to expect, getting used to two homes, dealing with the divorce drama, what to do when you don't know what to do, and tips for sharing homework and school information between parents and teachers. So many things you didn't have to think of when your parents were together! Most importantly, this book shows kids that they're not alone and others have successfully survived their parents divorce. So why go through it with trial and error when you can read this brief guide and get all the tips you'll need to survive?! Deliberately kept short so you can get back to your friends, facebook, twitter and everything else kids do today!

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Divorce guidance you can count on Divorce is never easy, but with the information in Nolo's Essential Guide to Divorce, you can make the process as simple, inexpensive, and conflict-free as possible. With compassion and expertise, family law attorney Emily Doskow explains how to make divorce less painful by helping you: minimize day-to-day conflict with your spouse work with lawyers or mediators without breaking the bank avoid costly, exhausting court battles, and stay calm and make good decisions. You'll learn about your legal rights and options for resolving tough divorce-related issues, including: child support and custody alimony property division, and drafting a marital settlement agreement. The 8th edition is completely updated with the latest state rules on divorce, such as property division and grounds for divorce. 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. From marriage and family therapist Jean McBride, M.S., L.M.F.T. your in-depth guide to discussing divorce with your kids. In *Talking to Your Children About Divorce*, Jean McBride provides you with the tools and encouragement to effectively communicate with your child about divorce throughout the entire process from preparation, to the actual talk, to the aftermath. McBride brings her more than twenty-five years of specializing in divorce to guide you through crucial but difficult conversations and cultivate an environment of love and support throughout the divorce process. *Talking to Your Children About Divorce* prepares you to initiate open communication, with: Concrete actions to help your children weather the emotions of divorce. Useful scripts to guide you through a variety of situations throughout the divorce process. Simple steps to improve communication, both with your former spouse and with your children. 10 tips to maintain co-parenting success and promote healthy, happy, well-adjusted children. "

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!

A valuable resource for any mom who is interested in improving her parenting skills, becoming a better role model, and living as a positive influence on her children, regardless of their ages.

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.

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This 27 page book is a valuable resource for parents experiencing divorce and shared custody with children between the ages of 5-9 years. Although you may be ending a marriage, you and your children will always be a family. Help your children overcome the pain and fear that occur during the difficult process of divorce by using the activities in this beautifully illustrated book to aid in providing a happy, healthy and secure environment for them. Remember, your children have but one heart and two hands to share with each of you. Watch their fears disappear as they regain confidence in their new roles as part of a divorced family. It's one thing to tell a child about divorce, but another to help him actually work through it. My Two Hands not only explains the divorce process in honest, reassuring, kid-friendly terms, it also offers activities that allow kids to do positive, concrete things that improve their situations and ease their worries. Every divorced family needs this book!"

This book will inform and empower women who have decided to divorce, or are deciding whether to do so. It will give them the `heads up` on what to expect, and the confidence to manage and control the formidable process; from the first meeting with a solicitor to the financial implications, the court processes, communication with the `ex`, and managing children, family and friends. It offers guidance on living arrangements and emotional aspects, and on the characteristics of `extreme` divorces including violence, harassment, custody battles, non-compliance and aggressive financial deprivation.

Exactly What Your Child Needs to Understand, Express, and Get Through Parents' Divorce Kids have difficulty seeing things from another person's perspective, so they think about things in relation to themselves, as such, it is almost impossible for them to know why their parents are no more living together. There are lots of questions in their head, but they might not know what and how to ask. As the parent, it is our responsibility to discuss, and most importantly provide them with vital workbooks such as this specially designed for kids of divorce to better understand and express their feelings. This book contains several guides and activities that will assist kids get through their parents' divorce in just 3 MONTHS. FEATURES Daily/weekly activities management page to track and express their feelings, includes sections to track date, how they feel, why, drawing of how they feel, quote of the day, the goal of the day, sports activities, books to read, morals of the day, my wish and much more! The 'Best Parent Ever' section to track communications and feelings towards the parent, includes sections to record 'discussion with parent', what was learned, 3 things I love about my parent, what I did to help, why I have a new home, things I wish my could change, things I am happy about, things I worry about and how I plan to overcome, and much more! My future ambition section: what I wish to be when I grow up, What I must do to make my dream come through, what I have done, my role model, what I like about him/her, where I will be in 5 years, a chart of my future timeline from birth. Storytime: Include a section for kids to write a short story with the morals of the story. Also, there is a section to write a short letter to themselves in the future! Play Time !!! : This includes a weekly set of creative activities such as maze to solve and coloring pages to design. This aids intelligence and helps to relieve stress. Undated Calendar: For kids to note important dates Notes section: These are weekly lined pages for children to note and track all their activities of the weekly. Much more! This workbook is a result of extensive years of research carefully designed by a professional to help your kids

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through your divorce. I am certain you will find this book help.

It's over. The divorce is final, he's out of your house and -- mostly -- out of your life. Now what? Are you ready to get on with your life? Do you have dreams, plans, skills, energy for what comes next? And will you be making it happen, or letting it happen? MacGregor and Alberti have prepared a friendly, straightforward manual of advice and suggestions that assumes every woman is capable of handling life on her own. Helps for emotional recovery (MacGregor is a "survivor," Alberti is a psychologist), practical matters (credit, home repairs), dealing with your ex (be assertive!), helping your children to cope ("we didn't divorce you!"), and much, much more.

"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.

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.

Custody and Support: Get the Answers You Need When you're getting divorced, you can make a tough time easier for yourself and your children if you work with the other parent to agree on a custody plan and child support. If you can't resolve these issues, you'll have to head to court and ask a judge to decide for you. Either way, Nolo's **Essential Guide to Child Custody & Support** can help. You'll learn: how negotiation and mediation can keep costs down and improve future dealings with your ex where to find your state's child support guidelines how judges make custody decisions how to enforce and change custody and support orders how court trials work how Covid-19 is affecting custody arrangements and family court hearings, and when you need a lawyer and how to work with one. You'll also find specifics about each state's laws, including what factors courts consider when they rule on custody arrangements and what happens when one parent wants to move away with the children.

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,

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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 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.

Now in paperback -- a groundbreaking guide that tells parents how to help their children at the time of the breakup and in the many years that follow within the post-divorce and remarried family -- from the New York Times bestselling author of *The Unexpected Legacy of Divorce*. In the tradition of the best parenting guidebooks comes a new work by the renowned child psychologist Judith Wallerstein on a subject that vexes millions of American moms and dads: How can you genuinely protect your children during and after divorce? Wallerstein answers this important question based on 30 years of in-depth interviews with children of divorce and their parents. Divorce is not a single event but a lifelong trajectory of changed circumstances that demand a different kind of parenting than we have ever known. In *What About the Kids?* Wallerstein shows parents how to create a new family with compassion and wisdom. It covers issues that arise at the time of divorce as well as suggestions for talking to your children months and years after the event. Eminent psychologist Judith S. Wallerstein shares her unique insight and advice in *What About the Kids* -- the first comprehensive guide to easing the impact of divorce on your children -- including: -- The best and worst ages for children to experience their parents' divorce -- Right and wrong ways to explain divorce to your children -- Choosing a custody arrangement that's best for your child -- How to involve the grandparents-a major resource? -- Getting the children on your side when you form new relationships -- The positive effects of divorce on children (believe it or not) -- How divorce can actually make you a better parent? -- Raising children who grow up able to form lasting relationships

A teenage brother and sister whose parents are divorced discuss topics relating to this situation, and their mother offers her own insights. Original.

The creator of the Sandcastles Divorce Therapy Program presents a practical guide to help children deal with divorce, including suggestions for parents on what to say

This book is part of the Cory series to help children cope with challenging issues. This version presents engaging activities to help very young clients cope with divorce. Cory,

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the central character in the story, helps children gradually confront and process their feelings and reactions related to the divorce. Therapeutic games, art, and other playful activities are incorporated to lower the threat level of therapy and engage children in treatment. Questions and re-enforcers are woven throughout the story to captivate and sustain the child's interest in the story, and to evaluate and encourage the child's integration of the material. Includes a reproducible story, activities, and detailed parent handouts. Ages 4-8. Original.

This book is written to help children walk through some of the conflicting emotions that assail them in the aftermath of a divorce. It offers simple, affirming messages that help the child deal with the trauma of divorce in emotionally healthy ways. These messages are wonderfully illustrated by acclaimed artist R.W. Alley.

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

Examines the emotional needs of the child of divorced parents and offers advice on aiding the child to cope with the problems of divorce

This resource for divorced parents provides practical and effective ways to minimize the effects of the divorce on children, including how to best guide them through the transition and help them deal with having two homes. Original.

Discussion questions and a brief story examine many of the common concerns and feelings that frequently accompany divorce.

DIVORCE GUIDE FOR KIDS is an in-depth guide to discussing divorce with your kids so you can support your child's adjustment throughout the entire divorce process. You'll learn how to have honest conversations about different situations and emotions that may arise during divorce-from breaking the news to understanding your kids reactions. Divorce is invariably painful, but parents can help promote their children's resilience. In this book, you'll learn how to: - Initiate conversations where your children can express their thoughts. - Validate your children's feelings, making them feel acknowledged and secure - Improve communication, both with your former spouse and with your children. Be sure to give the advice stated in this book a chance and be amazed at the changes it will make in your life and that of your kids. Scroll up and click the BUY button!

A guide to dealing with the divorce of parents, discussing various reasons for divorce, the emotions experienced by the children, and ways of coping with the change.

Nina used to live with her parents in one house, but now she lives in two houses. Sometimes Nina lives at a house with dad, and other times lives at a house with mom. Nina doesn't know what is going on, but both parents are loving her very much.

Group Work With Populations at Risk, Third Edition is a fundamental resource for practitioners in health and mental health settings and a comprehensive guidebook of group work skills. Geared toward students and professionals gaining a beginning understanding of groups, this volume describes how to work

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with vulnerable populations that include returning war veterans, Latino and Latina immigrants, women and men who were abused as children, children of divorce, and people struggling with substance abuse, AIDS, cancer, or chronic mental illness. Each chapter describes the population and reviews the relevant literature, identifies themes and practice principles, presents a case illustration, provides evaluation guidance, and refers readers to key references and web resources. Each one is designed to stand alone for easy reference, and overviews of skill building and evidence-based practice make this a timely, comprehensive resource for group leaders regardless of specialty.

Kids and Divorce Talking about parents' questions about the impact of separation, conflict, grief, and recovery. This book Kids and Divorce will provide information for all parents to safely navigate through divorce and more. Through research and reassuring guidance, both parents will discover how to move from the negative thoughts and energy that involves divorce. Through the divorce process parent neglect the feelings of the child involved. This book will give strategies to help resolve some of the issues, create boundaries, and establish guidelines that can make this process easy for parents and their children. This book includes GETTING KIDS TO TALK KIDS REACTIONS AND WORRIES ANSWERING YOUR KIDS' TOUGH QUESTIONS LOOKING AHEAD DIVORCE AND DEPRESSION

Simplified Chinese edition of 12 Rules for Life: An Antidote to Chaos

Recently or currently going through a divorce? The only thing worse than divorce is death and many times a divorce feels worse, especially when there are kids involved. This is a book of resources for the single dad.

The Divorce Helpbook for Kids Impact Publishers

The Divorce Talk: How to Tell the Kids is the definitive guide to help parents break the news of an upcoming separation to their kids with the least risk of damage. Written by an internationally known divorce recovery professional, the book is based on interviews with over one hundred children whose parents divorced. Readers will learn, step-by-step, how to manage their own emotions, to understand the meaning of divorce to children, what to say to the kids, and how to deal with the children's reaction to the news. The book is practical and offers solutions that are designed to help parents limit the risk of trauma in the most important conversation of their children's lives.

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