

GREAT BOOKS FOR FAMILIES

Helping you and your kids get through the tough times

BOOKS FOR PRESCHOOL AGED CHILDREN (UNTIL AGE 6)

Dinosaurs Divorce: A Guide for Changing Families, Vol. 1 (1998)

Publisher: Little, Brown & Company

Authors: Laurene Brown & Lawson Brown

ISBN: 0316109967

Price: amazon.com – new \$7.95, used \$3.69



In this book, dinosaur characters introduce aspects of divorce such as its causes and effects, living with a single parent, spending holidays in two separate households, and adjusting to a stepparent. Also available in Spanish.

It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children during Divorce (1998)

Publisher: Book Peddlers

Author: Vicki Lansky

ISBN: 0916773477

Price: amazon.com – new \$6.99, used \$4.86



Koko Bear learns what divorce means, how to deal with changes, how to recognize and talk about her feelings, and that the divorce is not her fault. Each page includes tips for parents. This easy-to-understand children's story and parenting guide is intended for families where both parents plan to stay active and involved in their child's life.

I Don't Want to Talk about It: A Story about Divorce for Young Children (2000)

Publisher: American Psychological Association

Author: Jeanie Ransom

ISBN: 1557987033

Price: amazon.com – new \$8.95, used \$6.22



This book aims to help children of divorce deal with their new, difficult, and conflicting emotions. Told by a young girl whose parents have just told her they are getting a divorce, the story then goes through the range of the child's possible emotions, as the adults suggest how she might be feeling. She, in turn, imagines herself to be an animal that would adequately express her emotions.

Mama and Daddy Bear's Divorce (2001)

Publisher: Albert Whitman

Author: Cornelia Maude Spelman

ISBN: 0807552224

Price: amazon.com – new \$11.16, used \$9.7



This book explains to children that, as painful and confusing as a divorce may be, it does not mean that both parents will no longer be part of her life. Readers learn about Dinah's favorite people (her mama, her daddy, and her big sister); her favorite activities; and her favorite things (her stuffed rabbit and her red sandals). The message of this book is that life goes on. The family celebrates some special occasions together, such as Dinah's birthday, and she realizes that her parents and her sister love her very much. In a note to adults, Spelman outlines children's concerns about divorce.

BOOKS FOR ELEMENTARY SCHOOL AGED CHILDREN (6-12 YEARS)

Two Homes (2001)

Publisher: Candlewick Press

Author: Claire Masurel

ISBN: 0763605115

Price: amazon.com – new \$10.49, used \$10.42



A young boy named Alex enjoys the homes of both of his parents who live apart but love Alex very much. This picture book focuses on the positive aspects of having parents living apart from each other. The story's main character, Alex, lives part-time with each parent. Both houses are complete with the things important to a young child—his own bedroom, a place to hang his coat, his toothbrush, and special friends. Each environment is different but designed to make Alex feel at home.

My Family's Changing: A First Look at Family Break Up (1999)

Publisher: Barron's Educational Series, Inc.

Author: Pat Thomas

ISBN: 0764109952

Price: amazon.com – new 6.50, used \$4.59



This book explores the signs of an upcoming marital separation; experiences that may occur with divided custody; and common emotions of sorrow, anger, and loneliness are addressed. The language is simple and impersonal. Guidelines for adults and names of useful organizations are added.

Divorce (1998)

Publisher: Putnam Publishing Group, The

Author: Fred Rogers

ISBN: 0698116704

Price: amazon.com – new \$6.99, used \$3.99



Mr. Rogers defines a family as anyone who gives a child food, care, love, and a place to feel safe. He explains that these main ingredients should remain constant even in the event of a divorce. Children are advised to ask about changes in living arrangements and other aspects of their lives.

Help!: A Girl's Guide to Divorce and Stepfamilies (1999)

Publisher: Pleasant Company Publications

Author: Nancy Holyoke

ISBN: 1562477498

Price: amazon.com – new \$8.95, used \$5.95



This text answers letters from girls dealing with various aspects of divorce, remarriage, and stepfamilies, including tips, quizzes, and advice. In addition to offering words of encouragement to youngsters in these same situations, some of the letters pose questions or ask for help. This question-and-response format and the inclusion of multiple-choice quizzes and peer input result in a reader-friendly nonfiction resource.

BOOKS FOR ADOLESCENTS AND TEENS

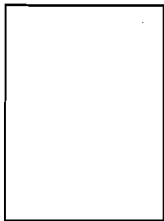
No Easy Answers: A Teen Guide to Why Divorce Happens (2000)

Publisher: The Rosen Publishing Group

Author: Florence Calhoun

ISBN: 0823931536

Price: amazon.com – new \$26.50, used \$9.48



This book explains to teenagers why divorce happens. It explores the conflicting feelings of divorce, the difficulties of taking sides in a divorce, and encourages the teenager to be a teenager.

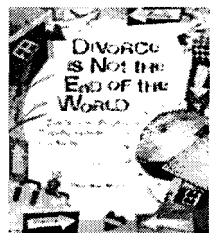
Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids (1997)

Publisher: Ten Speed Press

Authors: Ellen Sue Stern, Zoe Stern, & Evan Stern

ISBN: 1883672449

Price: amazon.com – new \$8.95, used \$4.75



A teenage brother and sister whose parents are divorced discuss topics relating to this situation, respond to letters from other children, and offer tips based on their experience. They deal with all the important questions-everything from blaming themselves, blaming their parents, going back and forth between mom's house and dad's, and coping with their parents' new significant others-in a thoughtful manner.

Money Matters: A Teen Guide to the Economics of Divorce (2000)

Publisher: Rosen Publishing Group, Inc.

Author: Carlienne Frisch

ISBN: 082393151X

Price: amazon.com – new \$26.50, used \$22.24



This book, focusing on money and finances, explains the changes that divorce brings to a family, including custody issues, child support, living arrangements, visitation rights, and other problems. There is an information sheet from this book in the packet.

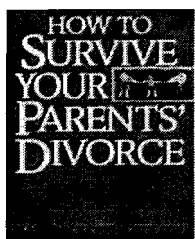
How to Survive your Parents' Divorce

Publisher: Franklin Watts

Authors: Nancy O'Keefe Bolick

ISBN: 0531110540

Price: amazon.com – new \$25.50, used \$3.48



The kids themselves examine a variety of common issues--being caught between two angry parents, changing roles and responsibilities within the family, living with a stepparent, and experiencing abuse. In the final chapter, the author stresses the importance of communication (you can't "suck it up and get on with it") and suggests some ways young people can begin their personal healing process.

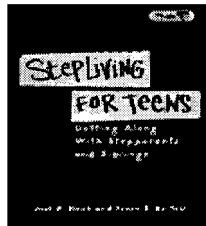
Stepliving for Teens: Getting Along with Stepparents and Siblings (2001)

Publisher: Price Stern Sloan

Author: Joel D. Block, Jennifer Frantz (Editor), Susan S. Bartell

ISBN: 0843175680

Price: Barnes and Noble.com – new : \$4.99



In question-and-answer format, this book covers a wide range of actual stepfamily concerns like: "What should I do if my parent tells me one thing and my stepparent says something else?", "I feel guilty having fun with my father and stepmother when my mom is alone. What should I do?" Not only will teens get honest answers from two psychologists who specialize in teenagers and stepfamilies, but also straight-talk advice from other step-teens.

7 Steps to Bonding with Your Stepchild (2001)

Publisher: St. Martin's Press

Author: Suzen J. Ziegahn

ISBN: 0312253656

Price: Barnes and Noble.com – new \$13.95 used \$5.24



How will I know if my stepchildren like me? What happens if I don't love my stepchildren? How do I make sure it doesn't appear like I am trying to replace my stepchild's biological parent? These 7 basic steps will give you the essentials, from deciding what kind of stepparent you want to be to realizing that love comes later.

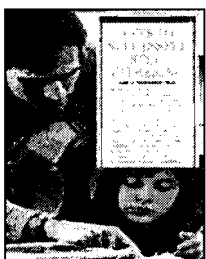
Keys to Successful Stepfathering (1997)

Publisher: Barron's Educational Series, Incorporated

Author: Carl E. Pickhardt

ISBN: 0812097157

Price: Barnes and Noble.com – \$7.95



Common-sense advice to stepfathers on practicing tolerance and making compromises in order to establish oneself as a benefit to the family structure.

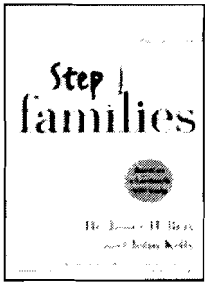
Stepfamilies: Love, Marriage, and Parenting in the First Decade

Publisher: Broadway Books

Authors: James H. Bray and John Kelly

ISBN: 0767901037

Price: Barnes and Noble.com \$14.00



Through insightful case studies and practical advice, this book reveals how a strong, stable stepfamily is as capable as a nuclear family of nurturing healthy development, of imbuing values, of setting limits and boundaries, and of providing a structure in which rules for living a moral and productive life are transmitted, tested, rebelled against, and ultimately affirmed.

SELF-HELP BOOKS FOR ADULTS WHO ARE DIVORCING



New Creative Divorce: How to Create a Happier, More Rewarding Life During & after Your Divorce

Author: Krantzler, Mel, Krantzler, Pat

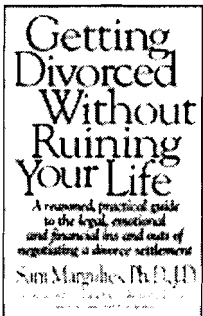
Format: Trade Paperback

Publication Date: Oct 1999

ISBN: 1580621740

List Price: \$ 10.95

An informative and positive book written by a therapist. It helps divorcing individuals begin to deal with the crisis of their divorce.



Getting Divorced without Ruining Your Life

Author: Sam Margulies, Janet G. Woititz

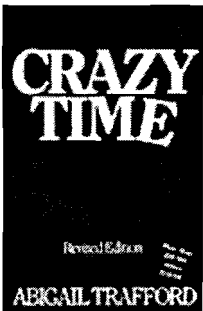
Format: Paperback

Publication Date: June 1992

ISBN: 0671728261

List Price: \$ 13.00

The author offers a reasoned, practical guide to the legal, emotional, and financial issues involved in negotiating a divorce settlement.



Crazy Time: Surviving Divorce and Building a New Life

Author: Abigail Trafford

Format: Paperback

Publication Date: October 1992

ISBN: 0060923091

List Price: \$ 14.00

The author takes the reader through the stages of crisis, confusion, and, finally, mending that will begin to help divorcing individuals understand their own behaviors and thoughts.

WEB RESOURCES

Books on divorce and several related issues

<http://www.amazon.com>

1-800-201-7575

Children's and parenting books

<http://www.any-book-in-print.com>

1-800-227-2591

Divorce Online: A resource for those facing divorce

<http://www.divorce-online.com>

The Divorce Support Page

<http://www.divorcesupport.com>

Information for Missouri residents experiencing a divorce

<http://www.divorcesource.com/mo/index/html>

National Center for Fathering

<http://www.fathers.com>

National Parenting Center (TNPC)

<http://www.tnpc.com>

Parents Place: The parenting resource on the web

<http://www.parentsplace.com>

Shared Parenting

<http://www.vix.com/crc/sp/>

Single Parents Association

<http://www.singleparents.org>

Stepfamily Association of American

<http://www.saafamilies.org>

Stepfamily Network

<http://www.stepfamily.net>