

Reading List for Divorcing Families Suggested Reading for Parents

Berman, Claire. *Making It as Step-Parent*. Bantam Books, 1980.

Bonkowski, Sara. *Tots Are Non-Divorceable*. ACTA Publications, 1998. (A workbook for parents and their children). Birth to 5 years.

Burns, Cherie. *Step-Motherhood: How to Survive Without Feeling Frustrated, Left-Out or Wicked*. Times books, 1985.

Ellis, Carolyn, *The 7 Pitfalls of Single Parenting, What to Avoid to Help your Children Thrive after Divorce*, iUniverse, Inc., New York, 2007.

Emery, Robert, *The Truth about Children and Divorce, Dealing with the Emotions so you and your Children can Thrive*, Plume, New York 2006.

Gadoua, Susan Pease, *Stronger Day by Day, Reflections for Healing and Rebuilding after Divorce*, New Harbinger Publications, Oakland, 2010.

Hannibal, Mary Ellen. *Good Parenting Through Your Divorce*. Marlowe & Company, New York, 2007.

Lieberman, Alicia, *The Emotional Life of the Toddler*, Free Press, New York, 1993. This is an approachable description of how toddler's experience the world. Chapters on the experience of toddlers after a separation/divorce.

Pedro-Carroll ,JoAnne *Putting Children First- Proven Parenting Strategies for Helping Children Thrive Through Divorce*, Avery Press, New York 2010.

Ricci, Isolina. *Mom's House, Dad's House: Making Two Homes for Your Child*. Fireside of Simon & Schuster, Inc., New York , 1997.

Ricci, Isolina. *Mom's House, Dad's House for Kids*. Fireside of Simon & Schuster, Inc., New York, 2006.

Siegel, Daniel, Bryson, Tina, *The Whole-Brain Child, 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, Delacorte

Press, New York, 2011. This is a wonderfully practical parenting book that is based in neuroscience.

Siegel, Daniel, Bryson, Tina, No Drama Discipline, Delacort Press, New York, 2015.

Preschool: (4-6 year olds)

Brown, Laurence, and Marc Laurence. Dinosaurs Divorce. Little, Brown, 1986.

Helmering, Doris. I Have Two Families. Abingdon, Nashville, 1981.

Lansky, Vicki. It's Not Your Fault, Koko Bear. Book Peddlers, 1998. (Available in English and Spanish).

Ranson, Jeanie Franz. I Don't Want to Talk About It. Magination Press, 2000.

Elementary School: (7-9 year olds)

Clearly, Beverly. Dear Mr. Henshaw. Avon Co., 1994. (An award winning book about a 10-year-old-boy who writes letters to an unmet hero describing how he misses his father. Also available in Spanish).

Cruise, Robin. The Top Secret Journal of Fiona Claire Jardin. Harcourt Brace, San Diego, 1998.

Karst, Patrice, The Invisible String, DeVorss & Company, Camarillo, Ca, 2000.

Johnston, J.F. Breuning, K., Garrity C., & Baris, M. Through the Eyes of Children: Healing Stories for Children of Divorce. The Free Press, 1997.

Jong, Erica. Megan's Two Houses. Dove Kids, 1996. (Struggling with the many problems faced by children of divorced families, eight-year-

old Megan tries to adjust to having two rooms, two pets, two sets of possessions, and two potential stepparents).

Schab, Lisa, *The Divorce Workbook for Children, Helping Kids to Overcome Difficult Family Changes and Grow up Happy*, New Harbinger Publishing, Oakland, 2008.

Preteen and Teenage:

American Girl Library, *Help! A Girl's Guide to Divorce and Stepfamilies*, Pleasant Company Publications, Wisconsin, 1999.

Blume, Judy. *It's Not the End of the World*. Dell, New York, 1986. (This is the story of how a girl and her siblings react to their parents' separation. Karen is concerned about how the family will manage financially and who will take care of them. She tries to get her parents to reconcile. Her 6-year-old sister develops fears of the dark and of being left alone. Her 14-year-old brother runs away for a few days. Karen meets another girl whose parents are divorced, and learns some new ways of coping from her).

Ford, Melanie, Annie and Steven. *My Parents Are Divorced, Too*. Magination Press, 1997. (Three stepsiblings in a blended family discuss their experiences, and those of friends, with divorce and remarriage. These young authors write about their own experiences frankly and clearly, in a way that can be understood by young readers. More than just a recounting of experiences it is a guidebook for getting adjusted to a new life, and a means for opening new avenues of communication at a difficult time in everyone's life). Ages 8-12.

Schab LCSW, Lisa. *The Divorce Workbook for Teens: Activities to Help You Move Beyond the Break Up*. New Harbinger Publishing, Oakland, 2008.