

Healthy Divorce For Parents And Children An Original Clinically Proven Program For Working Through The Fourteen Stages Of Separation Divorce And Remarriage

Parenting Apart *Vicki Lansky's Divorce Book for Parents* **Divorce Adult Children of Divorce** *Now what Do I Do?* **Parenting Apart How It Feels When Parents Divorce** *A Parent's Guide to Divorce* **Getting Through My Parents' Divorce** *Healthy Divorce* **Divorcing Children** *Home Will Never Be the Same Again* **Parenting After Divorce** **Mom's House, Dad's House** *What in the World Do You Do When Your Parents Divorce? It's Not Your Fault, Koko Bear* **Daughters of Divorce** **The Truth About Children and Divorce** *The 7 Fatal Mistakes Divorced and Separated Parents Make* **A Grief Out of Season** *Parenting through Divorce* *When Parents Part* **Getting Through My Parents' Divorce** **Don't Divorce Us! Still a Family** **What Happens When Parents Get Divorced? Dealing With Your Parents' Divorce** *The Parent's Guide to Birdnesting* **When Your Parents Divorce** *Getting Your Children Through Divorce* **Making Your Way After Your Parents' Divorce** *It's Not Your Fault, Koko Bear* **Two Homes Parenting Through Divorce** *The Co-Parenting Handbook* **Joint Custody with a Jerk** *The Parent's Tao Te Ching* **The Divorced Catholic's Guide to Parenting** **We're Still Family** *Divorce Survival Guide for Kids*

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What Happens When Parents Get Divorced? Sep 10 2020 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.

Making Your Way After Your Parents' Divorce Apr 05 2020 Written by a "child of divorce" for "children of divorce," **Making Your Way After Your Parents' Divorce** is a supportive guide that helps personal growth. It takes an honest look at the effects that divorce can have in the life of a teenager or young adult, and the ways that they can move toward healing and forgiveness after their parents' divorce. Although aimed at teenagers and young adults, this book is a valuable resource for counselors, ministers, religious educators, social workers, and divorced parents themselves. Ideal for both individual and group use. Paperback

Mom's House, Dad's House Sep 22 2021 Offers guidance in making the two-home approach successful

Adult Children of Divorce Aug 02 2022 If your parents divorced when you were young, you were probably affected by the breakdown of their marriage. Divided loyalties, secrets kept from the other parent, one life lived in two separate houses—these may have been par for the course. With this guide, you will learn that the effects of the divorce are not permanently harmful. Find out how to forgive your parents, discover new ways to enrich your own relationships and learn that there are alternative realities available. Divorce experts and psychologists Jeffrey Zimmerman, Ph.D., and Elizabeth S. Thayer Ph.D., show you how to recognize how your parents' divorce influenced your life, resulting in disruptions such as relationship failures due to financial reasons, difficulties with commitment, and repeated situations that “just don't seem to work out.” They provide techniques to help you understand and overcome these and other issues common to adult children of divorced parents. Zimmerman and Thayer focus on helping you learn how to build self-esteem, become resilient, establish healthy boundaries, communicate clearly, open up to trust, show love, believe in commitment and deal with vulnerable feelings.

Healthy Divorce Jan 27 2022 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 blended family.

Don't Divorce Us! Nov 12 2020 This book examines the divorce experience firsthand—through the eyes and voices of children and adult children of divorce. People from various ages, ethnic groups, and backgrounds share artwork, essays, and their personal stories of divorce. The book contains practical suggestions for coping with the challenges of double-households, long-distance parenting, dating, ex-spouses, stepparenting, and divorce stress. Chapters include: (1) "Preparing for Divorce"; (2) "Setting Up the Rhythm of the New Life"; (3) "Dealing with the Other Parent"; (4) "The New and Improved Parent"; (5) "Dating, Romance, and Recommitment"; (6) "Stepparenting"; (7) "Exceptional Cases, Exceptional Needs"; and (8) "Resources for Divorcing Families." Also included is an appendix of age-based guidelines for helping children cope with divorce. (GCP)

Daughters of Divorce Jun 19 2021 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!

When Your Parents Divorce Jun 07 2020

The Co-Parenting Handbook Dec 02 2019 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.

Two Homes Feb 02 2020 "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.

When Parents Part Jan 15 2021 Using the latest scientific research in child development, Penelope Leach, author of the best-selling *Your Baby & Child*, details the effects of divorce on children in five stages of life—infants, toddlers, primary-school children, teenagers, and young adults—some of whom are far more deeply affected than previously thought. She explains recent studies that overturn common assumptions, showing, for example, that many standard custody arrangements for young children can be harmful. Leach's advice is meticulously considered and exhaustive, covering everything from access, custody, and financial and legal considerations to managing separate sets of technology in two households, and she includes the voices of parents and children to illustrate her points. Above all, she holds up "mutual parenting" as the ideal way to co-parent after a divorce, offering concrete ways for parents to put responsiveness to their children's needs ahead of their feelings about each other.

Vicki Lansky's Divorce Book for Parents Oct 04 2022 Vicki Lansky's *Divorce Book for Parents* presents practical suggestions for parents who want to learn those new parenting techniques and is based on the author's own experiences, those of other divorced parents, and the expertise of professionals. Lansky offers sensible advice for almost every issue of parenting through divorce. Lansky identifies predictable behavior parents can expect from their kids and shows how to best respond to help them through the difficult transition. She suggests lists of age-appropriate books for children to read and shares valuable information for parents on custody options, money and the legalities of divorce. There are dozen of helpful references and resources (many online) on subjects discussed in each chapter. This book is a must for parents considering or experiencing divorce.

It's Not Your Fault, KoKo Bear Mar 05 2020 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.

A Parent's Guide to Divorce Mar 29 2022 From creating a parenting plan to navigating the post-divorce world, this child-centered reference teaches parents what to say and do to guide their children--toddlers to young adults--through a divorce, offering proactive solutions to make the child a priority as readers successfully transition to co-parenting.

We're Still Family Jul 29 2019 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.

Parenting through Divorce Feb 13 2021 Divorce has devastating effects on children. Yet for divorcing parents who carefully consider and manage the intricacies associated with this difficult time, both parents, as seen from the child's perspective, can remain as loving and supportive as they ever were. *Parenting Through Divorce* 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. Covering the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups, this book helps you retain a strong, healthy, and loving environment for your child, even in the midst of change. This is a much-needed repository of wisdom and practical counsel for any family going through a time of heightened feelings and fragile relationships.

Joint Custody with a Jerk Oct 31 2019 From parenting expert Julie A. Ross and writer Judy Corcoran comes the fully revised *Joint Custody with a Jerk*, the highly praised guide to co-parenting with an uncooperative ex-spouse, now updated to provide real solutions to tough family issues. It's a fact that parenting is hard enough in a family where two parents love and respect each other... After divorce, when the respect has diminished and the love has often turned to intense dislike, co-parenting can be nearly impossible, driving one or both parents to the brink of insanity. *Joint Custody with a Jerk* offers many proven communication techniques that help you deal with your difficult ex-husband or ex-wife. By outlining common problems and teaching tools to examine your own role in these sticky situations, this book conveys strategies for effective mediation that are easy to apply, sensible, timely and innovative. This revised edition of a bestselling classic sheds light on how today's digital forms of communication can both hurt and help in custody conflicts, and offers updated information throughout that brings age-old issues into the present day.

Still a Family Oct 12 2020 *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.

Getting Through My Parents' Divorce Dec 14 2020 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.

Parenting Apart May 31 2022 The ultimate resource for separated and divorced parents, written by an internationally acclaimed expert on divorce and its impact on children. This comprehensive and empowering guide is filled with practical, effective ways to minimize the effects of divorce on children, and offers immediate solutions to the most critical parenting problems divorce brings. In this go-to resource, Christina McGhee addresses the issues of utmost importance to parents: ? How and when to tell the children about the divorce ? Guiding children through transition ?Helping children cope with having two homes ?Dealing with finances ?Managing a difficult relationship with an ex ?And more Offering advice on explaining things to every age group-from toddlers to teenagers-in

plain, consistent, and age-appropriate terms, Parenting Apart also offers practical suggestions for parents to help them maintain their own sense of stability and take care of their own well-being while taking care of their kids.

The 7 Fatal Mistakes Divorced and Separated Parents Make Apr 17 2021 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.

Home Will Never Be the Same Again Nov 24 2021 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. 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.

The Truth About Children and Divorce May 19 2021 Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children’s resilience. With compassion and authority, Dr. Emery explains:

- Why it is so hard to really make divorce work
- How anger and fighting can keep people from really separating
- Why legal matters should be one of the last tasks
- Why parental love—and limit setting—can be the best “therapy” for kids
- How to talk to children, create workable parenting schedules, and more

The Parent's Guide to Birdnesting Jul 09 2020 Take coparenting to the next level and provide a stable environment for your children as you and your spouse begin tackling your separation or divorce. For parents who are separating and want to put their children first, birdnesting could be the interim custody solution you’ve been looking for. Instead of the children splitting their time being shuttled between mom and dad’s separate homes, birdnesting allows the children to stay in the “nest” and instead, requires mom and dad to swap, allowing each parent to stay elsewhere when not with the children. Initially popularized by celebrities, this method of coparenting is now becoming more mainstream as a way to help ease children into a new family dynamic. Birdnesting takes work and commitment but with Dr. Ann Gold Buscho’s guidance, you’ll learn everything you need to know about this revolutionary method. In *The Parent’s Guide to Birdnesting*, you will discover the pros and cons, the financial and interpersonal considerations, and if it’s the right decision for you and your family.

Divorce Survival Guide for Kids Jun 27 2019 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!

The Parent's Tao Te Ching Sep 30 2019 Classic Taoist wisdom applied to the world of parenting, guiding mothers and fathers to meaningful conversations and relationships with their children. William C. Martin has freshly reinterpreted the Tao Te Ching to speak directly and clearly to the most difficult of modern tasks -- parenting. With its combination of free verse and judicious advice, *The Parent's Tao Te Ching* addresses the great themes that permeate the Tao and that support loving parent- child relationships: responding without judgment, emulating natural processes, and balancing between doing and being. "A masterpiece. William Martin captures the essence of what it means to raise a child. Urgently needed, this precious book lifts parenting to new heights."-- Judy Ford, author of *Wonderful Ways to Love a Child* and *Wonderful Ways to Be a Family*

Parenting Through Divorce Jan 03 2020 A repository of wisdom and practical counsel for any family going through a divorce.

A Grief Out of Season Mar 17 2021 Instructs adults how to deal with parents who are getting divorced late in life and how to cope with their own distress

Dealing With Your Parents' Divorce Aug 10 2020 Scientific American reported that there were 1.5 million children whose parents divorce each year in the United States. Although parents feel shattered or liberated by the divorce, their children probably feel terrified by the prospect of a change in their stability and happiness. This resource provides guidance in sorting out young people’s feelings, understanding the divorce process, and finding people who can offer help. Teens find out how to avoid being caught in the middle of divided loyalties. They learn about conflict resolution and how to communicate with others honestly while dealing with life changes and emotional challenges.

Divorce Sep 03 2022 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. "

Getting Through My Parents' Divorce Feb 25 2022 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.

What in the World Do You Do When Your Parents Divorce? Aug 22 2021 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.

Parenting Apart Nov 05 2022 When a marriage ends, the most important thing divorcing parents can do is to help their children through this difficult transition and remain united as parents even if they are no longer united as a couple. In *Parenting Apart* divorce coach Christina McGhee offers practical advice on how to help children adjust and thrive during and after separation and divorce. She looks at all the different issues parents may face with their children of different ages, offering immediate solutions to the most critical parenting problems divorce brings, including:

- When to tell your children about the divorce and what to say
- How to create a loving, secure home if your child doesn't live with you full time
- What to do if your child is angry or sad
- How to manage the legal system, including information on family law and issues of custody
- How to deal with a difficult ex

This is an invaluable resource that offers parents quick access to the information you most need at a time when you need it most.

Now what Do I Do? Jul 01 2022 How do you deal with it? - Blame - Whose fault? - Self esteem - Family breakups - Caught in the battle zone - Parents - how do I deal with them? -Anger - Forgiveness - Spiritual zone.

The Divorced Catholic's Guide to Parenting Aug 29 2019 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.

Getting Your Children Through Divorce May 07 2020 Divorced parent and author Anne Hooper has radically re-written and modernised this vital resource book of the past 30 years to suit the needs of today's separating and divorcing parents. Ultimately child-centred, this book advises and informs parents on how to tell their children about their separation, how to answer their questions, what kind of behaviour to expect, the best methods of parenting and how to get through the first difficult months. A completely new chapter has been added with specific techniques to show parents how to help children talk about their feelings, assist them to take on reasonable responsibilities, encourage them in their achievements, offer them a sense of being in control of their lives (very important when so much feels out of their control) and give them a sense of self-worth and self-value. Out of the 150,000 divorcing couples in the UK, around two-thirds of them have children under the age of 16. In addition, there is an unknown but substantial number of couples separating after living together who also have children under 16. At least one in three children will experience parental separation before the age of 16. Each child goes through a period of unhappiness but if parented well is likely to be helped back into good communication with Mum and Dad and settle into a normal pattern of development. This kind of book is also indispensable as an aid for parents during a time of often painful crisis. Previously recommended to divorcing couples by Family Court judges, 'Getting Your Children Through Divorce' offers sound advice, coping strategies, psychological over-views and parenting insight.

How It Feels When Parents Divorce Apr 29 2022 In this immensely moving book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share with us their deepest feelings about their parents' divorce. By listening to them, all children of divorced parents can find constructive ways to help themselves through this difficult time. And they will learn that their own shock and anger, confusion and pain, have been experienced by others and are normal and appropriate. These boys and girls speak with extraordinary honesty and tolerance, and with a remarkable absence of rationalization, illusion, or attempt to justify their own often-trying behavior in response to their situations. Their stories are immediate and convincing, and their generosity in confiding their feelings should provide comfort to children and parents alike.

Divorcing Children Dec 26 2021 Drawing on a three-year multidisciplinary study of the children of divorced parents, the authors, leading academics in their fields, present a much-needed guide to working with children who are experiencing parental separation. Providing an in-depth picture of the effect of divorce on children both during and after the proceedings, the topics discussed include: how parents break the news of divorce to children and how this makes them feel; where children get their ideas about divorce from; how parent-child relationships change after separation; ways in which children adapt and cope with divorce.

Parenting After Divorce Oct 24 2021 "Your divorce doesn't have to damage your children...", Stahl assures, "... especially if you limit your children's exposure to your conflicts." He 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. 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. A realistic perspective on divorce and its effects on children, *Parenting After Divorce* features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help for divorcing parents, custody evaluators, family court counselors, marriage and family therapists and others interested in the best interests of the children.

It's Not Your Fault, Koko Bear Jul 21 2021 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