

# Divorce and Separation



## Supportive Websites

### HelpGuide.Org

<http://www.helpguide.org/articles/family-divorce/children-and-divorce.htm>

### WebMd.Com

<http://www.webmd.com/children/kids-coping-divorce>

### Kidshealth.Org

[http://kidshealth.org/kid/feeling/home\\_family/divorce.html](http://kidshealth.org/kid/feeling/home_family/divorce.html)

### Kidsturncentral.Com

<http://www.kidsturncentral.com/topics/issues/divorce.htm>

### DivorceCare4Kids.Org

<http://www.dc4k.org/>

### DivorceSupport.Com

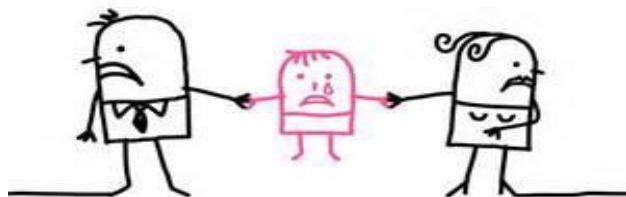
<http://www.divorcesupport.com/>

## Warning Signs that your Child is Having Difficulty Dealing with Divorce:

- ❖ Your child shows changes in his or her eating habits and either stops eating all together or starts overeating.
- ❖ Your child starts “acting out” at home and/or in school with high and low waves of emotions from crying to screaming that were not present before the divorce.
- ❖ Your child’s grades at school begin to decline and they do not seem to care anymore about school and homework.
- ❖ Your child has difficulty separating from you and often cries and does not want to go to school.
- ❖ Your child has a decrease of interest in activities he or she previously enjoyed.
- ❖ Your child shows an increase in sadness and is withdrawn from you.

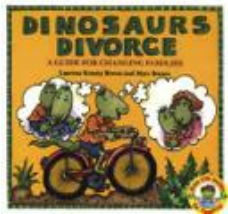
## Tips for Parents

- ✓ Stay involved in your child’s life in every way possible.
- ✓ Use direct communication with your ex-spouse and do not talk through your child.
- ✓ Do not say mean things about your ex-spouse in front of your child or to your child.
- ✓ Work hard to be civil to one another when your child is present.
- ✓ Support the time your child spends with your ex-spouse. Do not act jealous.
- ✓ Keep as much consistency and routine as possible for your child (One night on and the next night off is not a suitable routine).
- ✓ Keep your child’s teacher, school counselor, and child care provider informed. Update them with paperwork court documents and concerns as much as possible so they can support your child at school.



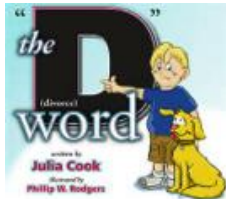
# Helpful Books on Divorce

## Children's Bibliotherapy



### *Dinosaurs Divorce*

By: Marc Brown  
September 1988  
Ages 3-6



### *The "D" Word*

By: Julia Cook  
June 2011  
Grades 2-6



### *Was It the Chocolate Pudding?*

By: Sandra Levins  
September 2005  
Ages 4 and up



### *When My Parents Forgot How to Be Friends*

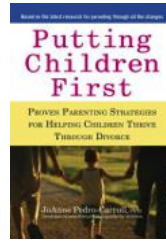
By: Jennifer Moore-Mallinos  
February 2013  
Ages 4 to 7



### *Two Homes*

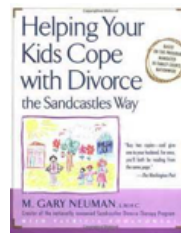
By: Claire Masurel  
July 2003  
Ages 3 to 7

## Parent/Professional Guides



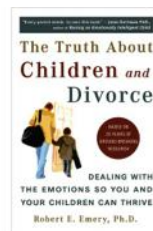
### *Putting Children First*

By: JoAnne Pedro-Carroll  
May 2010



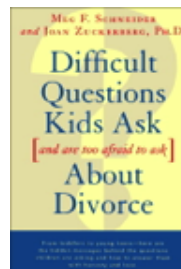
### *Helping Your Kids Cope with Divorce the Sandcastles Way*

By: M. Gary Neuman  
July 1999



### *The Truth About Children and Divorce*

By: Robert Emery  
January 2006



### *Difficult Questions Kids Ask and Are Afraid to Ask About Divorce*

By: Meg Schneider  
October 1996

## Changing Families in Stories

A number of children's books address the topic of Changing Families.

Read some of these stories at bedtime as a means of bringing a creative way to decrease fears and worries about what is happening in your kid's lives. Use some of the parent guides to learn how to best help your children as well as yourself through these difficult and new times.

