

HELPING CHILDREN COPE WITH SEPARATION

RECOMMENDED READING

You will find all of the books listed below in most bookshops, on Amazon and in your local library (your library will order the book for you if it is not in stock). We have marked the ones we particularly recommend for children in bold type. We have also included online resources in each section, but please do check the websites before you tell your children about them to make sure you are happy with the content.

FOR PARENTS

- Helping children cope with divorce - *Rosemary Wells*
- Helping children cope with divorce (2001) – *Edward Tayber*
- The truth about children and divorce - *Robert E. Emery*
- Mom's house, Dad's house - *Isolina Ricci*
- Caught in the middle : Helping children cope with separation and divorce – *Anne Charlish*
- The Stepkin stories: Helping children cope with divorce and adjust to stepfamilies – *Peggy Lumpkin*
- My Stick Family: Helping children cope with divorce – *Natalie June Reilly Brandl J. Pavese*
- You're still Mum and Dad – *Trish Allen*
- Splitting up – *Parentline Plus*
- Putting your children first: a guide for separating parents – *Dept of Education and Skills*
- Divorce and separation: helping children and parents cope – *Judith Shuttleworth and Mary Bratley*
- Keeping in touch: how to help your child after separation and divorce – *Young Minds*
- Splitting up: the guide for lone parents on divorce and unmarried relationship breakdowns – *National Council for One Parent Families*
- Children, feelings and divorce: finding the best outcome – *Heather Smith*
- Divorce and children: your children's needs during separation and divorce – *Roger Smith*
- To and fro children: a guide to successful parenting after divorce – *Jill Burrett*
- www.resolution.org.uk
- www.divorceandchildren.com
- www.cafcass.gov.uk
- www.gingerbread.co.uk

- www.relateforparents.org.uk

FOR OLDER CHILDREN

- **Suitcase Kid** - *Jacqueline Wilson*
- My parents are divorced: how to keep it together when your mom and dad are splitting up - *Florence Cadier, Melissa Daly and Claire Gandini*
- Your dad, My mum (ages 9-13)
- Divorce helpbook for kids - *Cynthia MacGregor*
- Family Breakups – *Adele Cherreson Cole*
- My parents are getting divorced: how to keep it together when you Mom and Dad are splitting up – *Florence Cadier, Melissa Daly and Claire Gandini*
- Parent problems 2: looking back at our parents' divorce – *Bren Neal and Jennifer Flowerdew*
- Nobody asked me!: a game about divorce – *Sharon Gee*
- Parent problems: children's views on life when parents split up – *Bren Neale and Amanda Wade*
- Children, feelings and divorce: finding the best outcome – *Heather Smith*
- My parents are divorced too: a book for kids by kids – *Melanie Ford*
- The case of the scary divorce: a Jackson Skye mystery – *C E Pickardt and Jeff Fisher*
- Divorced and the separated game – *Yvonne Searle and Isabelle Streng*
- When Mum and Dad separate: children can learn to cope with grief from divorce – *Marge Heegaard*

FOR YOUNG CHILDREN

- Mum and Dad Glue – *Kes Gray and Lee Wildish*
- **Children don't divorce** - *Rosemary Stones and Nicola Spoor*
- Man's Work - *Annie Kubler* (ages 1-4)
- **Dinosaur's Divorce** - *LK Brown and M Brown* (ages 4-8)
- Mum and Dad split up - *Elizabeth O'Loughlin and Kayleigh Adams*
- Rainy Day - *Emma Houghton* (ages 5-10)
- Was it the chocolate pudding: A story for little kids about divorce - *Sandra Levins and Bryan Langdo*
- **Two of everything** - *Babette Cole*
- Where has daddy gone? - *Trudy Osman and Joanna Carey*
- It's not your fault Koko Bear: a read-together book for parents and young children – *Vicki Lansky*
- Mum and Dad split up – *Elizabeth O'Loughlin and Kayleigh Adams*
- What do we think about family break-up? – *Jillian Powell*
- Lily's story – *Linda Wyen*
- Parent problems: children's views on life when parents split up – *Bren Neale and Amanda Wade*
- Children, feelings and divorce: finding the best outcome – *Heather Smith*

- Ben's story: an introduction to Contact Centres – *Linda Wyon and Angela Goodman*
 - Children don't divorce – *Rosemary Stones*
 - Two of everything – *Babette Cole*
 - At Daddy's on Saturdays – *Linda Walvoord Girard*
 - Where has Daddy gone? – *Trudy Osman and Joanna Carey*
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- www.itsnotyourfault.org (Action for Children)
 - www.pbskids.org/itsmylife/family/divorce
 - www.childline.org.uk Childline offers a free and confidential helpline, open 24 hours a day. Freephone 0800 1111