

Divorce and Children

Divorce is difficult for children of all ages. Children often have many questions about what is happening at home. Parents can provide books to their children that will help to answer these questions. Reading books that cover the issue of divorce will help children understand the situation that they are facing. It may be helpful to read books together and discuss the ideas in the stories.

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Books for preschool aged children (under age 6)

- *Dinosaur's Divorce: A Guide for Changing Families, Vol. 1* (1998)
Authors: Brown, Laurene, Brown, Lawson, Publishers: Little, Brown & Company
- *It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce* (1998)
Author: Lansky, Vicki, Publisher: Book Peddlers
- *I Don't Want to Talk About It: A Story About Divorce for Young Children* (2000)
Author: Ransom, Jeanie, Publisher: American Psychological Association
- *Mama and Daddy Bear's Divorce* (2001)
Author: Spelman, Cornella Maude, Publisher: Albert Whitman
- *Do I Have a Daddy?* (2001)
Authors: Lindsay, Jeanne Warren, Moffatt, Jamie (illustrator), Publisher: Morning Glory Press

Books for elementary school aged children (6-12 years)

- *Two Homes* (2001)
Author: Masurel, Claire, Publisher: Candlewick Press
- *My Family's Changing: A First Look at Family Break Up* (1999)
Author: Thomas, Pat, Publisher: Barron's Educational Series, Inc.
- *Divorce* (1998)
Author: Rogers, Fred, Publisher: The Putnam Publishing Group
- *Help!: A Girl's Guide to Divorce and Stepfamilies* (1999)
Author: Holyoke, Nancy, Publisher: Pleasant Company Publications

Monthly tip for families:

Let children pick out their favorite book before bed, and read it with them.

Books for adolescents and teens

- *No Easy Answers: A Teen Guide to Why Divorce Happens* (2000)
Author: Calhoun, Florence, Publisher: The Rosen Publishing Group, Inc.
- *Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids* (1997)
Authors: Stern, Ellen Sue, Stern, Zoe, & Stern, Evan, Publisher: Ten Speed Press
- *Money Matters: A Teen Guide to the Economics of Divorce* (2000)
Author: Frisch, Carlienne, Publisher: Rosen Publishing Group, Inc.
- *How to Survive your Parents' Divorce* (1994)
Author: Bolick O'Keefe, Nancy

Additional Resources:

www.extension.usu.edu/stepfamily

www.healthyrelationshipsutah.org

www.strongermarriage.org

www.stepfamilies.info

www.twoofus.org

For more information, contact:

Shannon Cromwell, M.A.

Extension Assistant Professor

Utah State University Extension

435-283-3472

shannon.cromwell@usu.edu