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.

In this issue:

- Children and divorce
- Recommended books for preschoolers
- Recommended books for elementary school-aged children
- Recommended books for adolescents and teens

Books for preschool aged children (under age 6)

  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

  Author: Thomas, Pat, Publisher: Barron’s Educational Series, Inc.

- **Divorce** (1998)
  Author: Rogers, Fred, Publisher: The Putnam Publishing Group

  Author: Holyoke, Nancy, Publisher: Pleasant Company Publications

Books for adolescents and teens

  Author: Calhoun, Florence, Publisher: The Rosen Publishing Group, Inc.

  Authors: Stern, Ellen Sue, Stern, Zoe, & Stern, Evan, Publisher: Ten Speed Press

  Author: Frisch, Carlienne, Publisher: Rosen Publishing Group, Inc.

- **How to Survive your Parents’ Divorce** (1994)
  Author: Bolick O’Keefe, Nancy

Monthly tip for families:
Let children pick out their favorite book before bed, and read it with them.

Additional Resources:

- www.extension.usu.edu/stepfamily
- www.healthyrelationshipsutah.org
- www.strongermarriage.org
- www.stepfamilies.info
- www.twoofus.org

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