

Books About Divorce

Books for Children

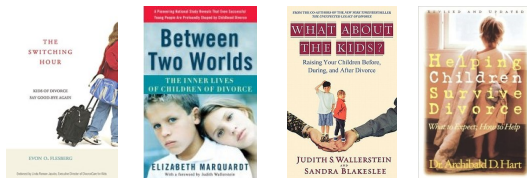
There are plenty of books available for children of divorce. Some are really good, and others are not very helpful at all. Here are some of the best that are available:



- Dinosaurs Divorce by Brown and Brown
- It's Not Your Fault Koko Bear by Lansky
- Was It The Chocolate Pudding? by Lewis
- Where Am I Sleeping Tonight by Ekster

Books for Parents

There are also books which will help you to better understand what your child is going through and how you can help them.



- The Switching Hour by Flesburg
- Between Two Worlds by Marquardt
- What About the Kids? by Blakeslee
- Helping Children Survive Divorce by Hart

Resources

There are lots of great resources that can help you and your child to find hope and healing in this difficult time.

Support



Divorce Care 4 Kids is a 13 week Christ centered group for helping kids aged 5-12 deal with their parents' divorce. Adult Divorce Care is also available in many locations.

Check DC4K.org for a local group.

Hope 4 Hurting Kids offers a "Get Help" link that will put teens and adults in contact with one of our experts via email to get help

Visit Hope4HurtingKids.com/contact/



Websites

- Hope 4 Hurting Kids (hope4hurtingkids.com)
- Divorce Care 4 Kids Blog (blog.dc4k.org)
- Divorce & Modern Family Help Center (hope4hurtingkids.com/help-centers/divorce/)
- Sesame Street Divorce Toolkit (www.sesamestreet.org/toolkits/divorce)



<http://hope4hurting4kids.com>

Helping Your Child Deal with Divorce

Divorce hurts. When there are children involved, it hurts even worse for you and for them. This pamphlet is designed to help you to help your child better understand what is going on, grieve the loss they have experienced, heal from the hurt caused by the divorce and lay a groundwork to allow them to move forward with their lives and find hope and healing.



Understanding Grief

Divorce is a loss for every child. No matter how bad your marriage may have been, or any other factor, children will grieve the loss of their intact family.

Many people talk about the stages of grief as if they are sequential items on a to do list that can be checked off in order to get to healing. In fact, everyone grieves differently, and there is not set or appropriate amount of time that your child will grieve.

Your child will need to work through all of the aspects of grief and may return to prior “stages” any number of times as they grieve the loss of their family.

DO NOT try to force your child through a stage early or assume that they should “be over it” by any certain point. Affirm that your child’s emotions are valid and provide empathy and support.

Helping Your Child Post-Divorce

Find a trusted adult, counselor or support group for your child where they can share their emotions and experiences with someone who understands.

Remember, your child’s experience of divorce will be different than your experience. They need to be free to love both of their parents.

Remind your child frequently that you still love them and always will.

Answer your child’s questions as honestly and fully as possible.

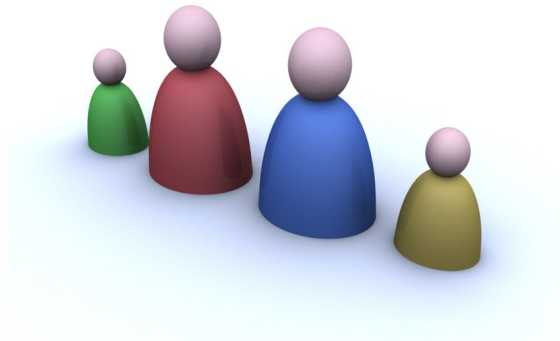
Dealing With Emotions

Children whose parents get divorced experience a wide gamut of emotions ranging from anger to anxiety, confusion, stress and everything in between. Many of these emotions are brand new to these kids and others are felt with an intensity they have never before experienced. Either way, there are some simple things you can do to help your child to process and work through those emotions:

1. Always legitimize your child’s feelings.
2. Try to empathize with your child’s emotions (put yourself in their shoes).
3. Be available and willing to talk to your child about their emotions.
4. Teach your child to express their emotions in constructive and respectful ways.
5. Help your child to recognize and name their emotions.
6. Utilize resources like the “My Feelings Workbook” to assist your child (<http://hope4hurtingkids.com/emotions/exploring-emotions/my-feelings-workbook/>) and others like it in the Hope 4 Hurting Kids Emotions Help Center (<http://hope4hurtingkids.com/help-centers/emotions/>)
7. Encourage your child to keep track of how their body reacts to specific emotions.
8. Don’t take it personally. Your child may lash out at you when dealing with unfamiliar emotions.



“The LORD is near to the brokenhearted and saves the crushed in spirit.” - Psalm 34:18



Having “The Talk”

If you are certain about proceeding with a divorce, one of the most important things you can do for your child is to carefully plan when, where, what and how you will tell them about your plans.

When to tell your child

- Do NOT tell your child until you and your spouse are 100% certain of your decision.
- Allow plenty of time for questions.

Where to tell your child

- Pick a place that is comfortable for your child.
- Find a private place for the conversation.

What to tell your child

- Provide as much age appropriate information as possible.
- Remind your child that you both still love them and you’re not divorcing them.

How to tell your child

- Do it together with your ex.
- Reassure your child that it is not their fault.
- Invite questions from your child.