Books to Read With Your Children (Divorce)

The following is an edited version of a March 2016 article in *Real Simple Magazine* written by Emily Hsieh. The books listed are appropriate to a family breakup situation. We have added additional books that our clients have found helpful.

"It's Not Your Fault, Koko Bear" By Vicki Lansky
> A book to reassure kids that they are not to blame – with tips for parents in the margins.

"Living with Mom and Living with Dad" By Melanie Walsh
> Finding benefits to having two homes.

"Charlie Anderson" By Barbara Abercrombie and Mark Graham
> Two sisters are surprised to discover their cat has two homes, just like they do.

"Emily's Blue Period" By Cathleen Daily and Lisa Brown
> Emily's life is a little mixed up right now. Her dad doesn't live at home anymore, and it feels like everything around her is changing.

"Was it the Chocolate Pudding?" By Sandra Levins
> No, splattering pudding everywhere did not make Mom move away.

"Divorce is the Worst" By Anastasia Higginbotham
> Although children are often told, "It's for the best," it rarely feels like that. This frank book follows kids and parent dealing with everyday life (washing dishes, vacuuming) while feeling angry or sad.

"Divorce: The Ultimate Teen Guide" By Kathlyn Gay
> This book addresses both the practical logistics and the emotional effects of divorce, with plenty of vignettes and examples.

"The Divorce Helpbook for Teens" By Cynthia MacGregor
> MacGregor knows that divorce can be especially tough on teens, and her warm and friendly guide offers a helping hand to teens struggling to answer the tough questions when their parents' divorce: Why do parents get divorced? How will the divorce change our lives? What can I do to feel less depressed? Who can I talk to about my problems? What's going to happen next? How do you tell absent parents that they don't visit enough? How do you say "no" to parents who want you to carry messages to, or spy on, the other parent? What is there to talk about when you visit a parent who's moved away?

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