

RESOURCES FOR SEPARATING OR DIVORCING PARENTS

- Bonnell, Karen, *The Co-Parents' Handbook*, 2014. Practical manual offering strategies to resolve the day-to-day issues of raising children in two homes.
- Emery, Robert, PhD, *The Truth About Children and Divorce: Dealing with the Emotions so You and Your Children can Thrive*, 2006. Based on research, guidance on how to handle divorce in a way that promotes children's resilience.
- Kids First Center, *Kids First: What Kids Want Grown-Ups to Know About Separation and Divorce*, 2008. Effective and less hurtful ways to deal with separation, based upon input from kids who have lived through the fallout of divorce.
- Ricci, Isolina, PhD, *The CoParenting Toolkit*, 2012. Workbook packed with co-parenting strategies for both high-conflict and low-conflict times.
- Winchester, Kent, and Roberta Beyer, *Speaking of Divorce: How to Talk with Your Kids and Help Them Cope*, 2001. Ideas for talking to children about divorce, including "Words you might use," and, "Your children might wonder; You might respond."

RESOURCES FOR CHILDREN

- Bruno, Ellen (Director), *Split*, 2014. DVD. 30 minute documentary exploring the effects of divorce on children as seen through the eyes of twelve children, ages 6 - 12.
- Levins, Sandra, *Was It the Chocolate Pudding?* 2006. Gentle story for ages 2 – 6, to help them begin to understand that divorce is about grown-up problems.
- Ransom, Jennie Franz, *I Don't Want to Talk About It*, 2003. For children ages 4 – 8, an exploration of the feelings that children may have when parents separate.
- Ricci, Isolina, PhD, *Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two*, 2006. An operating manual for older children with Tips, Try, and Train Your Brain exercises for coping with the big changes.
- Sesame Street Workshop, *Little Children, Big Challenges: Divorce*, 2012. A DVD with the Muppets and book set for ages 2 – 8, as well as a guide for parents.
- Stern, Zoe and Evan, *Divorce is Not the End of the World: Zoe and Evan's Guide for Kids*, 2008. For older children, advice and perspective from a teenage brother and sister in a candid, lively, and easy-to-read format.

**FREE ON-LINE RESOURCES
FOR SEPARATING OR DIVORCING PARENTS**

Child Centered Residential Guidelines

(American Academy of Matrimonial Lawyers)

50+ page booklet for divorcing parents describes sample time-sharing schedules based on the ages of the children.

www.aaml.org/sites/default/files/CCRG-Digital-Book.pdf

Planning for Shared Parenting: A Guide for Parents Living Apart

(Massachusetts Chapter of the Association of Family and Conciliation Courts).

Booklet describing developmental research about the impact of divorce on children, along with ideas to consider when developing a parenting schedule.

www.mass.gov/courts/docs/courts-and-judges/courts/probate-and-family-court/afccsharedparenting.pdf

The Truth about Children and Divorce

Robert Emery's website offers parents Ten Tips for the Holidays, a Children's Bill of Rights, and sample parenting plans based on the parents' level of cooperation.

www.emeryondivorce.com

Up To Parents

Inspiring, and interactive website provides an opportunity for parents to consider 50 Commitments they could make to their children during periods of conflict and stress.

www.uptoparents.org