



Separation and Divorce Resources

Internet Resources for Children, Teens and Parents

<http://kidshealth.org>

Positive parenting, separation & divorce and topics section just for kids and teens – interactive, animation, humour...check it out!

<http://www.itsnotyourfault.org/>

Practical information for children, young people and parents going through a family break-up

<http://www.familieschange.ca>

A guide for parents going through separation/divorce. The guide explains how to make effective use of the Web site, and provides a list of books on the subject of separation and divorce.

A kid's guide to separation and divorce <http://www.familieschange.ca>

A teen's website of information <http://www.familieschange.ca/teen>

Books for Parents

"What About the Kids? Raising Your Children Before, During and After Divorce"
by Judith S. Wallerstein

"Helping Children Cope with Divorce" by Rosemary Wells

"Parents are Forever: A Step-by-Step Guide to Becoming Successful Co-parents After Divorce" by Shirley Thomas

Video Link for Parents

"How to Divorce and Not Wreck the Kids"

<http://www.cbc.ca/documentaries/doczone/2009/howtodivorce/index.html>

Books for Children and Youth

"The Divorce Workbook for Children: Help for Kids to Overcome Difficult Family Changes & Grow Up Happy" by Lisa Schab

"My Parents are Getting Divorced: How to Keep It Together When Your Mom and Dad Are Splitting Up" by Florence Cadier, Melissa Daly and Claire Gandini

"My Mommy and Daddy and I Are Getting A Divorce" by Nicole Crowley O'Keefe

"It's Not Your Fault, KoKo Bear: A Read-Together Book for Parents and Young Children During Divorce" by Vicki Lansky