



Separation and Divorce Self-Help Resources

Resources for Parents:

What about the kids? Raising your children before, during and after divorce by Judith S. Wallerstein and Sandra Blakeslee, Hyperion, 2004. (book)

Helping children cope with divorce by Rosemary Wells, Sheldon Press, 2003. (book)

Parents are forever: A step-by-step guide to becoming successful co-parents after divorce by Shirley Thomas, Springboard Publications, 2004. (book)

How to divorce & not wreck the kids, available at <http://www.cbc.ca/player/Shows/Shows/Doc+Zone/ID/1233750800/> (video documentary)

Resources for Children and Youth:

The divorce workbook for children: Help for kids to overcome difficult family changes & grow up happy by Lisa M. Schab, New Harbinger, 2008. (book)

My parents are getting divorced: How to keep it together when your Mom and Dad are splitting up by Florence Cadier and Melissa Daly, Sunscreen, 2004. (book)

My Mommy and Daddy and I are getting a divorce by Nicole Crowley O'Keefe, Trafford Publishing, 2003. (book)

It's not your fault, KoKo Bear: A read-together book for parents & young children during divorce by Vicki Lansky, Book Peddlers, 1998. (book)

Internet Resources for Children, Teens and Parents

<http://www.kidshealth.org>: Positive parenting, separation & divorce and topics section just for kids and teens– interactive, animation, humour...check it out!

<http://parents.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.

http://www.familieschange.ca/kids_flash/index.htm: A kid's guide to separation and divorce

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