

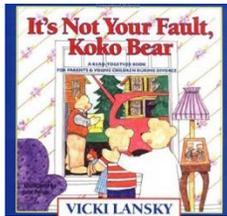
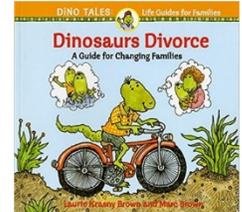
Books That Help Explain Divorce to Kids

A great book can help your child make sense of what's happening and the complex emotions they're feeling. It also opens the door for questions that your child might not otherwise be comfortable bringing up and give you the opportunity to reassure them that what they are feeling is normal. Here are some excellent children's books about divorce for your family to read together.

Dinosaurs Divorce

By Laurene Krasny Brown and Marc Brown (1988); Ages 3 to 7

In this picture book, the dinosaur family explores why parents get divorced and what happens after a divorce. It answers common questions that children might have, such as what's going to happen to me, where will holidays be celebrated, and what is it like to live in two homes.



It's Not Your Fault, Koko Bear

By Vicki Lansky (1997); Ages 3 to 7

When Koko Bear's parents get divorced, the cub experiences a range of emotions, including anger, guilt, confusion, and sadness. Each page features advice for parents on how to help children identify and express feelings.

Two Homes

By Claire Masurel (2003); Ages 3 to 7

Sometimes Alex lives with his daddy in a suburban home and sometimes with his mommy in a city home. He has two bedrooms, two favorite chairs, two sets of friends -- two of everything! This book helps kids to understand that they are loved by both parents, regardless of where they are living.



The Invisible String

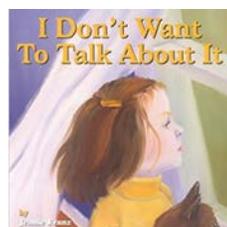
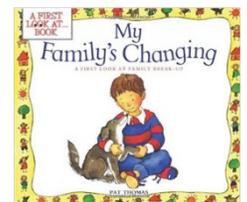
By Patrice Karst (2000); Ages 3 and up

This book doesn't specifically address divorce, but it's a heartwarming story that reassures children that even though they can't always be with a loved one, they're always in each other's hearts. Whenever a child thinks about a family member, the invisible string gives a tug.

My Family's Changing

By Pat Thomas (1999); Ages 4 and up

This picture book introduces the concept of divorce and how it affects family members. A "What about you" section features questions that parents can ask young children to help them explore their feelings.



I Don't Want to Talk About It

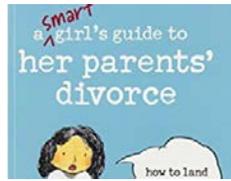
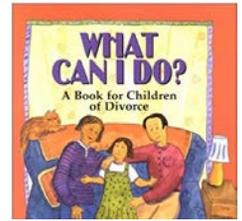
By Jeanie Franz Ransom (2000); Ages 5 and up

A young girl imagines herself as animals to deal with her feelings about her parents' divorce. Throughout the book, both parents offer assurances that their love for her will never change and that certain family rituals will remain the same.

What Can I Do? A Book for Children of Divorce

By Danielle Lowry (2002); Ages 8 and up

Rosie tries everything to keep her parents together: She cleans the house, gets good grades, and offers her piggy bank money. When her parents split anyway, a confused and sad Rosie joins a support group for kids from divorced families who show her that life can be happy.



A Smart Girl's Guide to Her Parents' Divorce

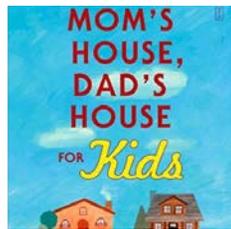
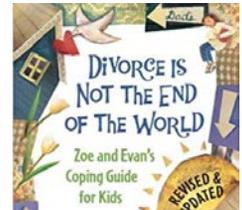
By Nancy Holyoke (2009); Ages 8 and up

This book, published by American Girl, covers various aspects of divorce, from the initial split-up to a parent's remarriage. It includes quizzes, tips, and advice from children of divorce.

Divorce Is Not the End of the World

By Zoe and Evan Stern (2008); Ages 8 and up

After their parents divorced, siblings Zoe and Evan Stern, wrote this positive and practical guide for kids. The book tackles topics such as managing emotions like guilt, anger and fear; adjusting to different rules in different houses; and adapting to stepparents and blended families.



Mom's House, Dad's House for Kids

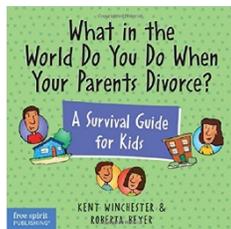
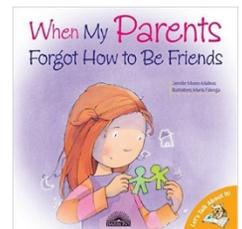
By Isolina Ricci (2006); Ages 10 and up

A family therapist wrote this guidebook to help tweens and teens deal with dueling house rules and schedules, staying neutral when parents disagree, and managing stress, guilt, and other emotions. The book includes handy, easy-to-use lists and worksheets.

When My Parents Forgot How to Be Friends

By Jennifer Moore-Mallinos; Ages 4 and up

This sensitively written book assures boys and girls that children are in no way responsible for their parents' inability to get along together. It lets kids know that although one parent chooses to move away from the home, both parents continue to love their little boy or girl.



What in the World Do You Do When Your Parents Divorce?

By Kent Winchester and Roberta Beyer; Ages 7 and up

In a simple question-and-answer format, this book gently explains what divorce is, why parents decide to divorce, new living arrangements, how to handle feelings, and other basics to help children understand what's happening in their lives.

Huge Bag of Worries

By Virginia Ironside

Though this book is not specifically about divorce, it can help your child feel less isolated in their sadness and more comfortable with emotions they may feel. This book is about a little girl who finds herself staggering under the growing weight of her worries and anxieties about school. Eventually her grandmother notices her growing "bag of worries" and they work through her worries together.



Don't Forget That Books Are for Fun! They are great for exercising the imagination and even for escape. Don't let the tensions and stresses in the family influence what is read or deprive your children of being read different types of books. Books and reading are meant to bring you closer together.

80, rue Daniel-Johnson, Gatineau, (Quebec) J8Z 1S3

819-777-3206 • CENTRECONNEXIONS.ORG • INFO@CENTRECONNEXIONS.ORG