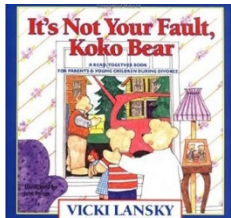
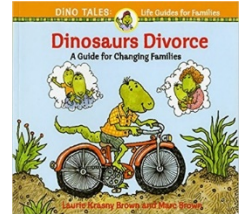


Books That Help Explain Divorce & Remarriage to Kids

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 and remarriage for your family to read together.

Dinosaurs Divorce by *Laurene Krasny Brown and Marc Brown*

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.

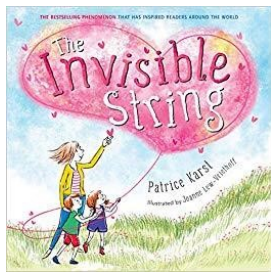
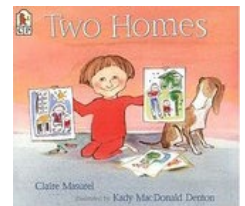


It's Not Your Fault, Koko Bear by *Vicki Lansky*

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*

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.

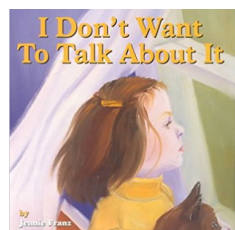


The Invisible String by *Patrice Karst and illustrated by Joanne Lew-Vriethoff*

This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us and opens-up deeper conversations about love. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string made of love. Even though they can't see it with their eyes, they can feel it deep within their heart, and know that they are always connected to the ones they love.

My Family's Changing by *Pat Thomas*

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.

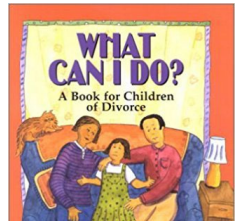


I Don't Want to Talk About It by *Jeanie Franz Ransom*

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

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.

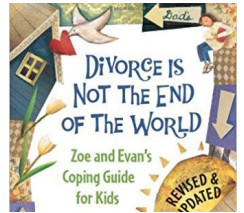


A Smart Girl's Guide to Her Parents' Divorce by Nancy Holyoke

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

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.

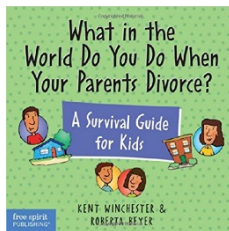
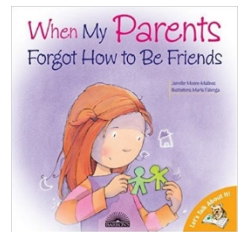


Mom's House, Dad's House for Kids by Isolina Ricci

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

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

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.



Bigger Than a Bread Box by Laurel Snyder

A powerful novel about 12-year-old Rebecca, who moves with her mom to her grandmother's house after her parents' divorce. A magic bread box that grants wishes makes things better—but then more complicated.