

Website and Book List

For Parents Experiencing Divorce and/or Custody Issues

Compiled by Nebraska Extension

Contact your local library, child's school counselor or social worker for additional resources.

WEBSITES

EXTENSION

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| Nebraska Extension – Divorce, Children and Stepfamilies | www.extension.unl.edu/divorce |
| Nebraska Extension – Early Child Development | http://child.unl.edu |
| Nebraska Extension Publication “Supporting Stepfamilies: Workbook with Lessons and Activities for Parents and Children” (EC476) | http://go.unl.edu/stepfamilies |
| National Cooperative Extension System – Parenting Resources | www.extension.org/parenting |
| National Cooperative Extension System – Just in Time Parenting eNewsletters (monthly for children 1 to 12 months of age, then every other month for children 1 to 5 years old) | www.extension.org/pages/9198/just-in-time-parenting-community-page |

STATE OF NEBRASKA JUDICIAL BRANCH

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| Divorce, Parenting and Support Information | http://supremecourt.ne.gov/11632/divorce-parenting-and-support |
| State of Nebraska Form No. DC 6:5(6) – Sample Parenting Plan – Parent-Created | http://supremecourt.ne.gov/sites/court.cdc.nol.org/files/forms/DC-6-5-6.pdf |

OTHER

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| Little Children BIG Challenges: Divorce (by Sesame Street) | www.sesamestreet.org/divorce |
| Bonus Families (stepfamily resources) | www.bonusfamilies.org |
| Divorce Care for Kids (faith-based) | www.dc4k.org |
| Families Change (includes guides for children, teens/pre-teens, parents & professionals) | www.familieschange.ca |
| For Parents Wishing to Remember Their Children's Needs as They Work Through Marital Problems | www.whileweheal.org |
| For Parents Never Married to Each Other | www.proudtoparent.org |
| For Divorcing and Divorced Parents | www.uptoparents.org |
| National Center for Fathering | www.fathers.com |

Print additional copies at www.extension.unl.edu/divorce. Updated December 2014. List is updated annually. Forward suggestions to Extension Educator Maureen Burson, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; 402-441-7180; email mburson1@unl.edu.

Nebraska Extension's "Co-Parenting for Successful Kids" is a research-based education class designed to help separating and divorcing parents cope with divorce and custody.

ON-SITE class information at www.extension.unl.edu/divorce

ONLINE classes available at <http://go.unl.edu/coparenting> or call 855-308-8037 (toll-free) or email parenting@unl.edu



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BOOKS

| Title | Author(s) | Year | Publisher |
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| BOOKS FOR CHILDREN AGES 5 & UNDER | | | |
| Do You Sing Twinkle? A Story About Remarriage and New Family (<i>ages 4-8</i>) | Sandra Levins | 2010 | Magination Press |
| Fred Stays with Me | Nancy Coffelt | 2007 | Little Brown |
| It's Not Your Fault, Koko Bear: A Read Together Book for Parents and Young Children During Divorce | Vicki Lansky | 1998 | Book Peddlers |
| Mama and Daddy Bear's Divorce | Cornelia Maude Spelman | 1998 | Albert Whitman |
| Monday, Wednesday and every other weekend | Karen Stanton | 2014 | New York: Feiwel and Friends |
| My Parents Are Divorced, My Elbows Have Nicknames; and Other Facts About Me | Bill Cochran | 2009 | HarperCollins |
| Two Homes | Claire Masurel | 2001 | Candlewick Press |
| Was it the Chocolate Pudding? A Story for Little Kids About Divorce (<i>ages 2-6</i>) | Sandra Levins and Bryan Langdo | 2006 | American Psychological Assn. |
| BOOKS FOR CHILDREN AGES 6-12 | | | |
| Amelia's Family Ties (<i>10 year old hasn't seen her father since she was an infant</i>) | Marissa Moss | 2000 | Pleasant Company/American Girl |
| Bird Lake Moon (<i>fiction — divorce & healing</i>) | Kevin Henkes | 2008 | Greenwillow |
| Healing After Divorce: 100 Practical Ideas for Kids | Alan D. Wolfelt, Ph.D., and Raelynn Maloney, Ph.D. | 2011 | Companion Press |
| Help!: A Girl's Guide to Divorce and Stepfamilies | Nancy Holyoke | 1999 | Pleasant Company/American Girl |
| It's Not the End of the World (<i>classic</i>) | Judy Blume | 1972 | Yearling |
| My Parents Are Divorced Too, A Book for Kids by Kids | Melanie, Annie, and Steven Ford as told to Jann Blackstone-Ford | 2006 | Magination Press |
| What Can I Do? A Book for Children of Divorce | Danielle Lowry | 2001 | Magination Press |
| BOOKS FOR CHILDREN AGES 13-18 | | | |
| The Bright Side, Surviving Your Parents' Divorce | Max Sindell | 2007 | Health Communications, Inc. |
| How to Survive Your Parents' Divorce, Kids Advice to Kids | Gayle Kimball, Ph.D. | 2007 | Equality Press |
| Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two | Isolina Ricci | 2006 | Touchstone |
| Surviving Divorce, Teens Talk | Trudi Strain Trueit | 2007 | Scholastic |
| When Parents Separate | Pete Sandars and Steve Myers | 2007 | Alladin Book Ltd |
| BOOKS FOR ADULTS | | | |
| Between Two Worlds: the Inner Lives of Children of Divorce | Elizabeth Marquardt | 2005 | Crown Publishers |
| Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You | Amy J.L. Baker, Ph.D., and Paul R. Fine, LCSW | 2014 | New Harbinger Publications, Inc. |
| Custody Chaos, Personal Peace: Sharing Custody with an Ex Who is Driving You Crazy | Carla Garrity and Mitchell Baris | 2001 | Lexington |
| Forgive for Good | Fred Luskin | 2002 | HarperOne |
| Healing a Child's Heart After Divorce: 100 Practical Ideas for Families, Friends and Caregivers | Alan D. Wolfelt, Ph.D., and Raelynn Maloney, Ph.D. | 2011 | Companion Press |
| Helping Your Kids Cope with Divorce the Sandcastles Way (<i>classic</i>) | M. Gary Neuman with Patricia Romanowski | 1998 | Times |
| Mom's House, Dad's House: Making Two Homes for Your Child (<i>revised classic</i>) | Isolina Ricci | 1997 | Touchstone |
| Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce | JoAnne Pedro-Carroll, Ph.D., M.Ed. | 2010 | Avery/Penguin |
| What about the Kids? Raising Children Before, During and After Divorce | Judith S. Wallerstein and Sandra Blakeslee | 2003 | Hyperion |
| We're Still Family, What Grown Children Say About Their Parents' Divorce | Constance Ahrons | 2004 | Harper Perennial |

DVD

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| Split: A Film for Kids of Divorce (and their Parents) (<i>features twelve children aged 6-12</i>) | 28 min. | Directed and produced by Ellen Bruno | 2013 | Available for loan through Lincoln City Libraries and interlibrary loan. Available for purchase at http://splitfilm.org |
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