

# Educational 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

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

#### OTHER

Little Children BIG Challenges: Divorce ( <i>by Sesame Street</i> )	<a href="http://www.sesamestreet.org/divorce">www.sesamestreet.org/divorce</a>
Divorce Care for Kids ( <i>faith-based</i> )	<a href="http://www.dc4k.org">www.dc4k.org</a>
Families Change ( <i>includes guides for children, teens/pre-teens, parents &amp; professionals</i> )	<a href="http://www.familieschange.ca.gov">www.familieschange.ca.gov</a>
For Parents Wishing to Remember Their Children’s Needs as They Work Through Marital Problems	<a href="http://www.whileweheal.org">www.whileweheal.org</a>
For Separated, Divorced and Never-Married Parents ( <i>how to build their better futures by focusing on meeting their children’s need</i> )	<a href="http://www.uptoparents.org">www.uptoparents.org</a>
National Center for Fathering	<a href="http://www.fathers.com">www.fathers.com</a>
Resources for Families ( <i>by Association of Family and Conciliation Courts – AFCC</i> )	<a href="http://www.afccnet.org/resource-center/resources-for-families">www.afccnet.org/resource-center/resources-for-families</a>
Reconciliation - An Option for Some Couples	<a href="http://coparenting.okstate.edu/sites/default/files/2014-10-31-Reconciliation%20Re-Formatted.pdf">http://coparenting.okstate.edu/sites/default/files/2014-10-31-Reconciliation%20Re-Formatted.pdf</a>

*Print additional copies at <http://extension.unl.edu/divorce>. Updated November 2016. List is updated annually. Forward suggestions to Extension Educator Gail Brand at [gail.brand@unl.edu](mailto:gail.brand@unl.edu) or 855-308-8037.*

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 <http://child.unl.edu/divorce>**  
**ONLINE classes available at <http://go.unl.edu/coparenting>**  
**ONLINE spanish classes available at <http://go.unl.edu/coparenting/spanish>**  
 or call 855-308-8037 (toll-free) or email [parenting@unl.edu](mailto:parenting@unl.edu)

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# BOOKS

Title	Author(s)	Year	Publisher
<b>BOOKS FOR CHILDREN AGES 5 &amp; UNDER</b>			
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.
<b>BOOKS FOR CHILDREN AGES 6-12</b>			
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 &amp; 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
<b>BOOKS FOR CHILDREN AGES 13-18</b>			
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
<b>BOOKS FOR ADULTS</b>			
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
We're Still Family, What Grown Children Say About Their Parents' Divorce	Constance Ahrons	2004	Harper Perennial
What about the Kids? Raising Children Before, During and After Divorce	Judith S. Wallerstein and Sandra Blakeslee	2003	Hyperion
When Parents Part	Penelope Leach	2015	Alfred A. Knopf

# DVD

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 <a href="http://splitfilm.org">http://splitfilm.org</a>
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