



Rainbows for All Children, Inc.

*Committed to Helping Children and Teens
Grieve and Grow After Loss*

Rainbows For All Children, Inc
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Call to find a Rainbows site in your
community



Rainbows For All Children (www.rainbows.org) is the largest international charity committed to giving children and teens the guidance to grieve and grow after loss. Since 1983, Rainbows has served more than 2.5 million kids by forming partnerships with schools, faith communities, and agencies so they can establish grief support groups.

Rainbows developed seven age-specific programs and an extensive, interactive training for the sites' volunteers, who facilitate the groups.



Greetings,

This packet of helpful hints and surprising suggestions was created in hopes that the emotional pain and hurt of your divorce will be a little less difficult for your child. As a divorced parent, these are lessons I learned either from my three boys or from the children and teens who have participated in Rainbows For All Children™. They are thoughtful reminders and pitfalls to keep in mind as you restructure your family.

The onset of the journey from being married to unmarried is overwhelming. It's a time filled with a roller coaster of emotions and fears, along with concerns for today, tomorrow and the future. What's more, the utmost desire to shield your child as much as possible feels like an endless challenge.

Through it all, your child needs both of their parents to be their rock, to be assured the divorce is not their fault, and to know every day that you love them and will remain their mom and dad throughout their lifetime. Their parents just happen to live in two houses.

Sincerely,

A handwritten signature in black ink that reads "Suzy Yehl Marta". The signature is written in a cursive style.

Suzy Yehl Marta,
Founder & President
Rainbows for All Children, Inc.

I Need ...

Below are the self-professed needs of children and youth dealing with the aftermath of loss.

1. I need to be told about the separation or pending divorce as soon as possible. Even if the details have not been worked out, let me know the facts as they unfold;
 2. I do not want to hear about the details of the divorce or your feelings about my other parent. I do need to be assured that the divorce is not my fault and that mom and dad will always love me and be in my life;
 3. I need to be included in the conversations about parenting time and living arrangements. I would like to share my thoughts, wishes, and needs, but do not ask me to make the decisions;
 4. I want to be allowed and encouraged to love and be loyal to both of my parents;
 5. I need to have consistent, constant and carefree time with both parents;
 6. I am upset when I am interrogated about my time with my other parent;
 7. I cannot be asked to spy on or carry any messages from parent to parent;
 8. I want to feel as if both homes are my homes with a place set aside for my "stuff" and where I can have some privacy;
 9. I want to be treated as a family member, not as a guest in my parent's home;
 10. I wish to be able talk to both parents every day;
 11. I would like to have my social, spiritual, and school activities considered when planning schedules between my two families. I need my parents to work it out and not ask me to be in the middle;
 12. I need the transition between parenting time to be comfortable and flexible;
 13. I would like to be protected from parents' new dating lives until a serious relationship develops;
 14. I require both of my parents to be involved and interested in my upbringing;
 15. I want to live in an emotionally healthy home;
 16. I would like to have both parents sitting together at my significant events;
 17. I need to have my parents co-parent successfully;
 18. I really need to have my parents be respectful and kind to each other; it hurts so much when you argue in front of me.
 19. I would like to have regular alone time with each of parents without their new significant other or new spouse;
 20. I need to be able to have flexible holiday schedules, so time can be spent with both parents comfortably;
 21. I want to develop a relationship with someone who will become a step-parent and be included in the marriage ceremony ;
 22. I need to be taught by word and example compassion, forgiveness, and trustworthiness.
-

Age Level Reactions to Loss

Birth - 18 months

- ✧ needs nurturing care and protection
- ✧ needs closeness to their primary caretakers
- ✧ needs consistency in environment and routines

Reactions

- ✧ disturbed sleep patterns
- ✧ eating changes

Caregiver Response

- ✧ maintain consistency in environment and caretaking
- ✧ keep the atmosphere calming (no arguing)
- ✧ make any adaptations to change in lifestyle gradually

Toddler (18 months - 2 years)

- ✧ fears losing primary caretaker's love
- ✧ cannot cope well with multiple changes
- ✧ self-centered
- ✧ keenly aware of non-verbal expressions
- ✧ home and family are important
- ✧ realizing they're missing someone other families have
- ✧ unable to verbalize feelings, thus act them out in misbehavior

Reactions

- ✧ irritability and anxiety
- ✧ regression in behaviors; bedwetting, thumbsucking
- ✧ clingy, insatiable demands for affection and approval
- ✧ daily asking for parent that is not present
- ✧ physical aggression; hitting, biting, bullying
- ✧ bewilderment

Caregiver Response

- ✧ Nurture abundantly with holding, caressing, cuddling
- ✧ Show love consistently & spend meaningful time together
- ✧ Separation from primary caretaker is limited
- ✧ Consistency in routines
- ✧ Teach appropriate ways to release hostility/frustration
- ✧ Simple explanation that situation is **not** their fault

3 - 6 years

- ✧ realize that they are separate from others
- ✧ self-centered
- ✧ realize someone is missing in family unit
- ✧ blames self; believe their actions control others behavior
- ✧ identify with opposite sex parent
- ✧ maintains fantasies of parent's return
- ✧ fears abandonment
- ✧ crying
- ✧ yearning for absent parent

Reactions

- ✧ regression in behavior, bed wetting, thumb sucking
- ✧ irritable
- ✧ aggression and hostility

Caregiver Response

- ✧ attention
- ✧ nurturing through cuddling
- ✧ explain changes that are occurring
- ✧ teach appropriate ways to release hostility, aggression
- ✧ reassure of love

7- 10 years

- ✧ prevailing sadness, increased crying or withdrawal
- ✧ fear of the future; concerns about money, food, shelter
- ✧ self conscious about family being different
- ✧ conflict in loyalties
- ✧ reconciliation fantasies

Reactions

- ✧ diminished school work
- ✧ conflict with friends
- ✧ angry and blame parent they are living with or visiting
- ✧ problem with self-identity
- ✧ insatiable hunger for things, i.e. bicycles, clothes, money
- ✧ wrestles with relationship of non-custodial parent

Caregiver Response

- ✧ constant reassurance both physically and verbally
- ✧ maintain consistent routine
- ✧ talk to teachers, family & friends to get additional support
- ✧ teach appropriate ways of acting out aggression

Age Level Reactions to Loss

Continued

11 - 13 years

- ✧ extreme anger often covering intense emotional pain
- ✧ shame that their family is different or changed
- ✧ loyalty conflicts
- ✧ loss of identity; low self-esteem, insecure, vulnerable
- ✧ depression, feel powerless over their life
- ✧ empathetic to one parent
- ✧ loneliness
- ✧ headaches, stomach aches
- ✧ worry about custody arrangements
- ✧ busy themselves with activities & friends seeking approval

Reactions

- ✧ withdraw from friends, activities, academic indifference
- ✧ lying/ cheating
- ✧ hostility to one parent
- ✧ demanding adult explanations
- ✧ stealing / shoplifting
- ✧ drug / alcohol abuse

Caregiver Response

- ✧ create times for communication
- ✧ honestly answer their questions
- ✧ affirm their feelings and teach better coping methods
- ✧ seek help from counselors / therapists
- ✧ encourage healthy adult friendships, i.e. coach, teacher
- ✧ allow some freedom and choice making
- ✧ make home a comfortable place to be / nurturing

14-20 years

- ✧ feels caught in the middle, loyalty conflicts
- ✧ frequent mood swings, express much negativity
- ✧ overwhelmed with additional responsibility
- ✧ outward denial of inner turmoil
- ✧ embarrassment of parents' obvious sexuality / dating
- ✧ dependent / independent conflicts
- ✧ needs peer approval; prefers friends over family
- ✧ sensitive to family tensions / visitation
- ✧ wants to compensate feelings of loss with more "things"
- ✧ fears parental illness
- ✧ tests limits

Reactions

- ✧ drug / alcohol use
- ✧ gang involvement
- ✧ sexual activity
- ✧ decline in academic performance
- ✧ severe depression / withdrawal from family or friends
- ✧ violence, aggression to self or others

Caregiver Response

- ✧ Seek outside counseling / therapy
- ✧ Reassurance of love and concern
- ✧ set clear fair limits and expectations
- ✧ create times for communication and attention
- ✧ ask family / friends to add support to adolescent

10 Commandments of Divorce

by Suzy Yehl Marta

-
- 1. Help your children honor their non-residential parent.** This means buying birthday presents and not saying anything demeaning -ever- even if it kills you and sometimes it will. Your children will respect and love you for taking the high road.
 - 2. Acknowledge your loss.** Take time to talk to the children about the changes that have occurred because Mom and Dad are divorced. Ask the children how they feel and listen to what they say. If you cannot talk to your children about the divorce, find a trusted adult- teacher, neighbor, relative- who can establish strong personal communication with your children.
 - 3. Re-create the family.** When a spouse moves out of the house, you cannot pretend to be the same family with just one person missing. You must rebuild into a new family unit.
 - 4. Be conscious of your feelings.** Your attitude toward your former spouse sets the tone for your children. An undercurrent of animosity or anxiety will torpedo their opportunity for a good relationship with the non-residential parent. Always put the emotional needs of your children first. Dispel your own negative feelings in a heart-to-heart talk with a close friend or compassionate adult relative. Don't burden the children.
 - 5. Date with caution.** Simply put, from a child's perspective: parents don't date! In fact, there's a good chance your children are still trying to figure out how they can get Mom and Dad back together again. So when you introduce a third person into the picture, it comes as a surprise and devastating blow to them. Keep things as casual and neutral as possible in front of the children; it's very awkward for them to see a parent get romantic with someone they consider a stranger.
 - 6. Anticipate potential difficult moments.** There may be times when the non-residential parent doesn't show up at an important event, is late for a visit or forgets a birthday. Don't be accusatory or judgmental. Instead, your role is to provide your children with the opportunity to talk about how they are feeling.
 - 7. Keep your children connected with extended relatives.** Despite a divorce or separation, grandparents, aunts, uncles and cousins are still family members. Invite them to parties, graduations and special school events. Send them current photos of the children. Have the children send cards. Before a family gathering or visit, make sure everyone understands that the children and family ties are the focus of the get together. If there's bitterness because of a separation or divorce, establish clear-cut ground rules up front that prohibit name-calling, taking sides or verbal bashing of any family members.
 - 8. Spend time alone daily with each of your children.** Set aside ten minutes every day for each child. Ask specific questions such as: How was school? Was a class really good or bad today? Who did you eat lunch with today? Occasionally these talks lead to deeper conversations. When a crisis occurs, your children know there is time to talk to you about it.
 - 9. Be realistic about your capabilities.** Accept that as a single parent you can't do everything. Prioritize your family's needs and make choices. Explain the decisions to your children. The most important memory you can give your children is time spent together. An afternoon at a ball game or picnic will mean more to them than you may imagine.
 - 10. Take time for yourself.** Vacations and long-weekends away from home are fantasies for most single parents. But regularly scheduled breaks are do-able. Set aside at least 30 minutes every few days to do something you enjoy, such as walking, reading, exercising or watching television. Taking time for yourself sounds self-serving. Ultimately, however, you gain patience and perspective- two tools you need for the daunting but rewarding challenge of being a single-parent.
-

Steps for Recreating a Strong Single Parent Family

Spend Time – lots of quality time together

- ✧ Driving in the car to school, sports, activities, store; no one uses their iPods, phone or any other electronic device
- ✧ 10 minutes every night before bed – or call before bedtimes
- ✧ Work together on school assignments to understand who your child is becoming, even when they do not ask for help

Heal together – now

- ✧ Handle the situation; do not wait until you are “back together”
- ✧ Share your feelings, disappointments about life, work, relationships without expecting your child to solve your problems or be a confidant; these can be teaching times about life
- ✧ Listen with empathy; if they have a complaint or concern do not minimize it
- ✧ Affirm their feelings
- ✧ Keep other parent informed of your child's progress emotionally, academically and socially
- ✧ Be responsive if your child is upset with you - do not be defensive

Be active in your child's life – stay involved

- ✧ Attend school functions, parent teachers conferences
- ✧ Watch your child's games and activities
- ✧ Participate in functions they are interested in
- ✧ Plan play dates at your house with your child's friends
- ✧ Carry on traditions, such as birthday parties and holiday gatherings in your home.

Make time to play together – have fun

- ✧ Go on a picnic
- ✧ Take long walks
- ✧ Play board games

Watch what you say and how you say it – be mindful

- ✧ Do not criticize your former spouse or in-laws
- ✧ Do not pry into the time your child spends with your former spouse
- ✧ Do not place a deceased spouse on a pedestal

Four Types of Parental Relationships Post-Divorce

1. **Fiery Foes** – hate each other more than they love their children
2. **Angry Associates** – “I hate you” but we must get along
3. **Perfect Pals** – better friends apart than they were married
(often confusing for the child)
4. **Cooperative Colleagues** – what is best for the children; a healthy working
co-parenting relationship

When Mom and Dad divorce, the “Golden Rule” must be practiced daily:

*“Treat your former spouse not as you are treated,
but rather as you would like to be treated.”*

Post Divorce Reality:

Parents keep fighting *about* and *over* the Kids

Change can happen...

- ✳ Educate yourself on the impact of divorce on kids. Read books, articles and attend seminars.
- ✳ Join a support group for parents and kids, such as Focus on the Children, a nearby church, agencies or Rainbows For All Children.
- ✳ Go to counseling for an emotional well-being check.

Parents often ask children to deliver negative messages

Change can happen...

- ✳ Create a Parenting Agreement as the template for excellent co-parenting. Both parents are partners in the business of raising their children.
- ✳ Make your first commitment to your children higher value than any argument with your former spouse.

Parenting time is too rigid

Change can happen...

- ✳ Be mindful that this stress is primarily on the kids.
- ✳ This is a treasured and challenging time for the kids and not the time for the parents to get even or prove a point.
- ✳ Teach the children to say what they need without reacting negatively.
- ✳ Remember, as the child ages, so will their needs and times with each parent.
- ✳ Live by the belief that a healthy, resilient child needs both Mom and Dad.
- ✳ Assure your children they will see their other parent often.

Keep your dating and sexual activities private

Change can happen...

- ✳ Always use good judgment, keeping in mind how your actions look from your child's perspective.
- ✳ Do not introduce the people you are dating to your children until you believe this is becoming a strong, healthy and committed relationship.
- ✳ Understand that your kids are still trying to get Mom and Dad back together, even while the parents are building a new life.

Post Divorce Reality

Continued

The extended family might be negative about and to the former spouse and in-laws

Change can happen...

- ✦ Encourage extended family members on both sides to stay positive and engaged for the sake of the kids. It becomes more problematic for your children when even more family members are taken out of their lives.
- ✦ Keep in mind what an asset extended family can be for the kids – an emotionally safe place to be; there is no need to take sides.

No stability or routines

Change can happen...

- ✦ Always find time to talk and listen attentively at least once a day. Simply asking, “how are you” makes a difference in their day.
- ✦ Create a routine and expectations that are set and followed.
- ✦ Become a healthy, functioning family, not a divorced family. Keep an optimistic attitude about your newly restructured family.
- ✦ Stay off the computer and do not text when you are with your children – focus on them.

Unable to civilly communicate with former spouse or extended family

Change can happen...

- ✦ Email all conversations rather than on the phone or in-person. Never send an email you would not want your child to read.
- ✦ Organize and share family calendars through Outlook or another web site.
- ✦ Be gracious and step out of the emotional fray. Put your child’s emotional well-being above your own anger or need to win.
- ✦ Make sure that teachers, coaches and others in your child’s life have the emails of both parents.

Non-Residential Parenting

Challenges of loving against the clock...

The only thing harder than being the non-residential parent is being a single parent child. The restructuring of two families from one is challenging on everyone yet, once a routine is worked out, new traditions have been instituted and old customs renewed, and a single parent family can be an enriching environment to grow up in.

Research has found that more than 50 percent of the non-residential parents drop out of their child's life within six months. The overarching reason is because it is simply too painful. Your child needs you. As the adult, we need to be heroic work through the challenges for your child.

It helps when your former spouse is committed to successful co-parenting which includes the compassionate sharing that happens when there are two families. If this is not possible, then believe in yourself because you CAN do it!

Telephone Tension

- ✪ Choosing an interesting topic of conversation
- ✪ Being rejected – kids “can’t talk now because they are doing homework, going out to play, watching television, etc.”
- ✪ Former spouse picking up the phone and starts complaining
- ✪ Children will say they are not coming over
- ✪ Children are sick

Weekend Workouts

- ✪ Overwhelmed by supplying a high level of entertainment
- ✪ Grasping for conversation links to stay bonded
- ✪ Wrestle with appropriate discipline
- ✪ Comments such as, “It is boring here” (they miss their friends) or “I want to go home” (they miss their stuff)
- ✪ Returning the kids when your weekend is over

Caring Concerns

- ✪ Lack of continuity since last visit – what has happened in their life all week
- ✪ Not knowing who the children are becoming
- ✪ Rejection
- ✪ Realization you are missing daily growth stages, events, sad or happy moments in a day

Non-Residential Parenting

Continued

Avoid...

- ✓ Bribery of love with gifts or money
- ✓ Trying to be a buddy
- ✓ Letting your child take care of you
- ✓ Withdraw to test your child's love
- ✓ Taking outbursts or rejection too personally
- ✓ Dating when it is your parenting time
- ✓ Former spouse competition

Focus on...

- ✓ Being a constant, dependable parent
- ✓ Consistent rules, lifestyle, values, and parent / child relationship

DO...

- ✓ **Have a private space in your home for your child's stuff. It can be a corner, a drawer or a decorated box**
- ✓ **Have a toothbrush, pillow, soap, shampoo and underwear in your home that stays there**
- ✓ **Be on time for your weekends, dinners events and other commitments**
- ✓ **Ask for your child's help in decorating your place...it is the family's "home"**
- ✓ **Send little notes during the week, such as clipped out cartoons or articles of interest.**
- ✓ **Call frequently, if only to say, "I love you"**
- ✓ **Plan on watching the same TV show or sport activity so you have an easy conversation thread when you get together**
- ✓ **Help your child with homework and attend their extracurricular activities, even when it is not your weekend or night together**
- ✓ **Understand that re-entry is awkward for your child too**
- ✓ **Simply love without expectations**

Resilient children are raised not born!

Resilience is taught through their experiences and guidance from their parents. A resilient and happy child requires:

- ★ Someone to depend on every day
- ★ Routine and structure
- ★ Encouragement
- ★ Affirmation about big and little things
- ★ Discipline
- ★ Regular time alone with parent
- ★ Challenges and failures sprinkled with successes
- ★ Know and feel unconditional love

Strengths of a Single Parent Family

- ★ Bonding of a parent and child
- ★ Interdependency
- ★ Openness and acknowledgement of feelings
- ★ Sense of shared responsibility

4 R's of Family

Children become...

- ★ Respectful – when they are respected
- ★ Responsible- when given responsibility
- ★ Resourceful – when permitted to solve life's problems
- ★ Responsive – when treated fairly with love and respect

The Once-A-Day Theory

Each and every day...

1. Be alone for a while with each child, not your children, *but with each child*
2. Look in their eyes when speaking with them
3. Call them by name
4. Say you love them every single day
5. Ask about their
 - ✪ school
 - ✪ teachers
 - ✪ friends
 - ✪ challenges
 - ✪ feelings, such as sadness, fears and joys
6. Protect them from the media
 - ✪ be vigilant with the internet
 - ✪ watch the news with them and discuss what they heard
7. Be their “still point” or a calming effect in the midst of chaos and stress.
 - ✪ put notes of affirmation in lunch
 - ✪ enjoy at least one meal together every day
 - ✪ drive them to school, activities or their job
8. Tuck them in
 - ✪ kiss them
 - ✪ hug them
 - ✪ rub their backs
9. Sit down next to them
 - ✪ look over their homework
 - ✪ read their texts and emails
 - ✪ monitor their Facebook page
10. If you are worried – reach out and ask for help

QUICK FACTS

Established - April 1983 by Suzy Yehl Marta

MISSION:

RAINBOWS IS COMMITTED TO HELPING CHILDREN AND TEENS GRIEVE AND GROW AFTER LOSS.

AVAILABLE CURRICULA:

SunBeams: Pre-School Edition

Rainbows: Elementary Edition (religious or secular)

Spectrum: Adolescent/Teen Edition (religious or secular)

Kaleidoscope: Young Adult/Adult Edition

Prism: Single/Step-Parent Edition

Silver Linings: Community Crisis Response

***Each Year, over
100,000 participants
Find Hope
Through Rainbows***

NATIONAL ACADEMIC ADVISORY BOARD

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CURRENT STATISTICS:

**OVER 2.5 MILLION YOUTH
HAVE PARTICIPATED
SINCE 1983.**

**Trained volunteers have assisted
those who grieve in.....**

49 of the United States,
the District of Columbia, Guam and
17 other countries, including:

Australia

Austria

Bahamas

Canada

China

Columbia

Great Britain

Hong Kong

Republic of Ireland

Northern Ireland

Japan

Malaysia

New Zealand

Saipan

Singapore

Scotland

Switzerland

Wales



because it doesn't need to hurt forever...

When a change takes place in the family, whether it is a death, divorce, separation or abandonment, it has a profound effect on all members in a family. Grieving is a natural process which evolves from an emotional loss. If it isn't facilitated at the appropriate time, it may be repressed or become chronic. When grief does not have an opportunity to be resolved, its impact can be destructive.

Grief is an expression of love and a normal human reaction to a significant loss. Frequently, people are not able to express their grief verbally. It surfaces in their behavior, academics, physical and/or emotional well-being.

Youth are not always able to express their feelings in words. Their parents are suffering as well, and may be unable to initially support them. Consequently, grieving youth need to have a caring adult to guide them through their grief. Even those who appear to be coping are often struggling inside with the churning, conflicting emotions of grief. The bereaved need and deserve someone they can talk to and trust; someone who will listen to their story while guiding them through the grief process.

Rainbows was created to provide children, adolescents and adults an opportunity for healing after their painful loss.

Rainbows is an international, not-for-profit organization that offers training and curricula for establishing local peer support groups in schools, hospitals, social service agencies, faith communities or synagogues. The curricula are designed to assist children, adolescents and adults who are grieving a death, divorce or experiencing any other painful transition in their family. There are secular and religious editions available for the elementary age participants.

Rainbows curricula are:

- SunBeams** - Pre-School edition
- Rainbows** - Elementary edition
- Spectrum** - Adolescent edition
- Kaleidoscope** - College/Adult edition
- Prism** - Single parent & Stepparent edition
- Silver Linings** - Community Crisis Response

History

In April 1983, **Rainbows** was inaugurated in three Chicago area schools. Twelve additional schools added the **Rainbows** curriculum that year. Today, over 2.5 million participants have experienced **Rainbows** after their family's storm.

Rainbows has been offered in 49 of the United States including the District of Columbia, Puerto Rico and Guam and in Australia, Austria, Bahamas, Canada, England, Hong Kong, Ireland, Northern Ireland, Japan, Malaysia, New Zealand, Saipan, Scotland, Singapore, and Wales.

As **Rainbows** and **Spectrum** sites grew in number, other important needs became apparent. **Kaleidoscope** is available for adults, 19 years and older, who have experienced death, divorce or abandonment at some time in their life. No matter how old you are, you are still someone's child and may be carrying the grief of this childhood experience.

Responding to the requests from the parents of children and adolescents in **Rainbows**, a new component was developed – **Prism** – a peer support group for single parents and stepparents. Through **Prism**, parents come to understand their own grief process, have an opportunity to become attuned to their child's grief, and with enthusiasm and love, recreate "family" again.

Training

Rainbows Online Facilitator Training offers many different types of learning styles and interactive activities, such as exercises, quizzes, branching into specific areas of interest, downloadable resources for review, and much more. Sites, such as schools, hospitals, social service agencies, faith communities or synagogues make a commitment to the process of implementing our curricula. Caring, volunteer adults – hand chosen by each site – can then be certified to be **Rainbows** Facilitators.

Our online training includes an extensive presentation on grief, instruction on active and attentive listening skills, streaming video enabling participants to evaluate small group sessions, and a Frequently Asked Questions database to answer concerns and provide follow-up support from **Rainbows** Headquarters.

Resources Available

Silver Linings is a natural disaster and community crisis support program for counselors, volunteers, churches & relief organizations needing additional tools to assist youth experiencing emotional turmoil due to loss/change. Children ages 5-8 & 9-12, as well as teens, are able to share their feelings and thoughts about these changes with others their own age.

Visit our website at www.rainbows.org where you can download a FREE copy of **The Compassionate Companion Caregivers Guide**. (Click on **Rainbows** Store tab and check out the Adult Support Department)

Books for Families Experiencing Divorce or Separation

For Children on Divorce:

- Adams, E. **On the Day his Daddy Left.** Sagebrush Education Resources, 2003.
- Atchison, Leah. **ABCs of Surviving Divorce: Important Tips for Parents, Teens & Children.** AuthorHouse, 2003.
- Bienenfeld, Florence. **My Mom and Dad Are Getting a Divorce.** EMC Corp., 1980.
- Blackburn, L.B. **I Know I Made It Happen: A Book about Children and Guilt.** Ages 5-9.
- Blume, Judy. **It's Not the End of the World.** MacMillan, 1972, Ages 10-12.
- Bolick, Nancy Okeefe. **How to Survive Your Parents' Divorce, Changing Families.** 1994. Ages 9-12
- Brown, L.K. & Brown, Marc. **Dinosaurs Divorce: A Guide for Changing Families.** Little Brown, Ages 4-8.
- Cleary, Beverly. **Dear Mr. Henshaw.** Morrow, 1983. Ages 9-12.
- Coleman, William. **What Children Need to Know When Parents Get Divorced.** Bethany House Pub., 1998. Ages 6-12.
- Crews, June T. **Can Anyone Fix My Broken Heart? Hope for Children of Divorce.** Sagebrush Education Resources, 1999.
- Fassler, David, Lash, Michelle & Ives, Sally. **Changing Families: A Guide for Kids and Grown-ups.** Waterfront Books, Ages 4-12.
- Gardner, Richard A. **The Boys and Girls Book About Divorce.** Bantam, 1970, Ages 7+.
- Heegaard, Marge. **When Mom and Dad Separate: Children can learn to Cope with Grief from Divorce.**
- Hickman, Martha Whitmore. **Robert Lives with His Grandparents.** Whitman, 1995, Ages 5-9.
- Ives S.B, Fassler D. & Lash M. **The Divorce Workbook A Guide for Kids and Families.** Waterfront Books, Ages 4-12.
- Julik, Edie. **Sailing Through the Storm, A Child's Journey Through Divorce.** Kidsail, 1994. Ages 4-8.
- Kagy-Taylor, Kathy & Marmer, Donna. **All About Change.** Beech Acres, 1990. Ages 6-9.
- Kanyer, Laurie A. **25 Things to do When Grandpa Passes Away, Mom and Dad get Divorced, or the Dog Dies: Activities to Help Children Suffering Loss or Change.** Parenting Press, 2004. Ages 5-12.
- Kimball, Gayle. **How to Survive Your Parents' Divorce. Kids Advice to Kids.** 1994.
- Kremetz, Jill. **How It Feels When Parents Divorce.** Knopf, 1992, Ages 7-16.
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