

BIBLIOGRAPHY

The following is a list of books in our library that address different aspects of divorce. This bibliography is intended to aid you in seeking more information on the topic of divorce and related issues. These books are a representative cross-section of books on the topic of divorce. There are many more, however, available at your local bookstore that you may find interesting. We would also like to stress that any opinions put forth in the books listed are not necessarily those of Swendson/Fey Law Ltd. It is our intent that you use our library as a survey so you can decide on purchasing only books you deem helpful.

BOOKS FOR PARENTS:

Ackerman, M.J. (1997) Does Wednesday Mean Mom's House or Dad's? New York: John Wiley & Sons, Inc.

Summary: *Advice and practical information on aspects of divorce, custody, and co-parenting from a local psychologist.*

Ahrons, C. (1994) The Good Divorce. Harper Perennial: New York.

Summary: *This book challenges society's traditional view that divorce is one of life's greatest failures. It speaks of "binuclear families" and how to make the best of your changing family.*

Ahrons, C. (2004) We're Still Family. Harper Collins: New York.

Summary: *Challenging the myth that children of divorce are doomed to a lifetime of struggles, interviews with adult children of divorce provide new evidence that divorce is not as devastating as some researchers have suggested. Divorcing parents can learn what they can do to maintain health family relationships.*

Blume, J. (1972) It's Not the End of the World. Bantam Doubleday Dell Publishing Group, Inc.: New York.

Summary: This book is a first person narrative that defines the confusion and anxiety affecting children who have parents going through a divorce. It explores the extraordinary personality of a twelve-year-old which young readers can relate to.

Bonkowski, S. (1987) Kids Are Non-Divorceable. Buckley Publications: Chicago.

Summary: This is a workbook for divorced parents and their children (ages 6-11). Exercises for the entire family are included to aid families through working together.

Bonkowski, S. (1990) Teens Are Non-Divorceable. ACTA Publications: Chicago.

Summary: Written by a divorced parent, teacher, and counselor, this is a workbook for divorced parents and their teens (ages 12-18). Issues specific to an adolescent's needs at this time are addressed (i.e. need to separate, identity formation). Good for both parents and teens to read and discuss together.

Folberg, J. (1991) Joint Custody & Shared Parenting. The Guilford Press: New York.

Summary: A lengthy, but informative book on the topic of "co-parenting."

Grollman, E. (1975) Talking About Divorce and Separation. Beacon Press: Boston.

Summary: Common feelings and thoughts of children in divorce are portrayed in words and pictures. A parent's guide at the back helps explain how to best use the materials to encourage dialogue with your child. Excellent prompts and suggestions for open discussion.

Gold, L. (1992) Between Love and Hate. A Guide to Civilized Divorce. Plenum Press: New York.

Summary: Written by a divorce mediator/family therapist, this book provides insights and techniques to achieve a civilized and humane divorce. Emphasis on communication and negotiation skills. A good resource for anyone contemplating mediation.

Hetherington, M. & Kelly, J. (2002) For Better or For Worse. W.W. Norton & Company: New York, London.

Summary: The most comprehensive study ever done of the effects of divorce on children. Also provides practical and helpful advice to parents. This new book provides a reader-friendly guide to how people can build success out of the stress and adversity of divorce for themselves and their children.

Johnston, J. Ph.D. and Roseby, V. Ph.D. (1997) In the Name of the Child The Free Press, A Division of Simon & Schuster: New York

Summary: Extensive research and clinical experience of the authors make it possible for readers to better understand the impact a high-conflict divorce has on children and offers advice to assist in making lives a little easier for the children affected by post-divorce warfare.

Lansky, V. (1996) Divorce Book for Parents. Deephaven: The Book Peddlers.

Summary: Solid information on dealing with the realities of divorce. Sensible advice for parents on how to help their children cope and useful tips to get their children through this difficult time.

Marston, S. (1994) The Divorced Parent: Success Strategies for Raising Your Children After Separation. Pocket Books: New York.

Summary: All aspects of the divorce process are discussed. Strategies are aimed at raising happy and well-adjusted children, working with the other parent effectively, and building a life of your own.

Masurel, C. (2001) Two Homes. Candlewick Press: Massachusettes.

Summary: Written for very young children with illustrations by Kady MacDonald Denton, this book expresses the similarities in having two different homes from a child's point of view and that no matter where the child may live their parents love them just the same.

Mulford, P.G. (1996) Keys to Successful Step-Mothering. Hauppauge: Barrons.

Summary: Advice on approaching stepchildren and building good relationships. Subjects covered include discipline problems, dealing with jealousy, helping stepsiblings get along, setting rules, and much more.

Park, B. (1981) Don't Make Me Smile. Random House, Inc.: New York.

Summary: This warmhearted book handles the topic of divorce in a humorous way. A young boy who doesn't understand the changes in his life due to his parents divorce tries to show how he really feels through mischievous ways.

Ricci, I. (1980) Mom's House, Dad's House: Making Shared Custody Work. New York: Macmillian Inc.

Summary: This book details how to deal with shared custody in a positive light. Issues such as minimizing conflict, organizing schedules and finances, assessing feelings, and putting the best interests of the children first are addressed. Helpful questionnaires and self-surveys are included as well.

Ricci, I. Ph.D. (1980) Mom's House, Dad's House: Making Two Homes for Your Child. New York: A Fireside Book Published by Simon & Schuster.

Summary: Completely revised and updated, this book features an abundance of useful advice on how to deal with several divorce issues regarding parenting. Includes details on preparing a parenting plan, mediation and other beneficial information to help manage stress and anxiety caused by the conflicts of separation and divorce. Also, describes suggestions on coping with the tough times in order for a family to heal and move on to a better future.

Schneider, Meg F. and Zuckerberg, Joan Ph.D. (1996) Difficult Questions Kids Ask [and are too afraid to ask] About Divorce
New York: Fireside

Summary: Advice and practical information in an age-appropriate question/answer format.

Stahl, P., Ph.D. (2000) Parenting After Divorce. Impact Publishers, Inc.: California.

Summary: Provides a realistic perspective on the effects of divorce on children. Real examples and case studies are used to give real-life examples. This book provides important practical advice on how to resolve post-divorce conflicts and meet the needs of children. This book focuses on helping parents look at issues through the eyes of their child in addressing placement and other parenting

Talia, S. (1996) How to Avoid the Divorce from Hell*. Nexus Publishing Company: California.

Summary: Clever and remarkably accurate insights into common divorce pitfalls, written by an experienced family lawyer, chapters such as "Recipe for the Divorce from Hell" are really on point and provide real insight into the process for non-lawyers. Great sense of humor.

Thomas, S. (1995) Parents Are Forever. Springboard Publications: Longmont.

Summary: This book is designed to help parents recover from the effects of divorce and learn ways to restructure his/her family with respect to "co-parenting". Maintaining a working relationship with one's ex-spouse is necessary and vital for children. Practical applications of co-parenting are presented as well.

Teyber, E. (1992) Helping Children Cope With Divorce. Jossey-Bass Publishers: San Francisco.

Summary: This book covers the importance of parenting skills in offering stability and continuity in critical stages of child development following a divorce.

Thayer, E. (2001) The Co-Parenting Survival Guide*. New Harbinger Publications, Inc.

Summary: The Co-Parenting Survival Guide shows you how to avoid the triggers and common traps of hostility, inflexibility, and constant squabbling after separation or divorce, and provides advice and skills to develop and sustain a co-parenting partnership focused on love and concern for the children.

Trafford, A. (1992) Crazy Time: Surviving Divorce and Building a New Life. Harper Collins: New York.

Summary: This book is for adults and discusses the common phases of the break-up of a marriage (i.e. dead-lock, confrontation, deep shock) through to recovery. Case examples are utilized throughout.

Weyburne, D. (1999) What to Tell the Kids About Your Divorce California: New Harbinger Publications

Summary: Step-by-step guidance for parents to help their children understand the many stages of divorce through the ability to express their feelings and how a family can communicate more effectively so that they may begin the process of recovery. Also, dealing with any later issues such as dating and remarriage.

Wolf, A. Ph.D. (1998) "Why Did You Have to Get a Divorce? And When Can I Get a Hamster?" The Noonday Press: New York

Summary: This book shows that even though divorce is difficult it doesn't have to do long term emotional damage to children.

Wilson, J. (1992) The Suitcase Kid Random House, Inc.: New York.

Summary: This is a story of a young girl whose parents are divorced and her struggle to adjust to her new homes and extended family. Well written and easy to read makes it easier for children to relate to.

Wallerstein, Judith S. and Blakeslee, S. (2003) What About the Kids
New York: Hyperion

Summary: Judith S. Wallerstein, a well known child psychologist and author of numerous studies on divorce, teams up with Sandra Blakeslee, to address a subject that confronts millions of moms and dads: How can you genuinely protect your children during and after divorce? By reviewing suggestions provided in this parent guide to approaching issues that arise in the family, you'll gain valuable insights into the challenges of how to be an effective parent outside of marriage, and also how to create a healthy remarriage. Divorce demands a different kind of parenting, and this book provides practical suggestions, specific information and advice about developing custody/placement plans and parenting at each stage of children's development.

BOOKS FOR CHILDREN:

Brown, L.K. & Brown, M. (1986) Dinosaurs Divorce. Joy Street Books: Boston.

Summary: A must-read book for children experiencing the separation of their parents. Excellent for very young children.

Girard, W. L. (1987) At Daddy's On Saturdays. Albert Whitman & Co.: Morton Grove. (\$5.95)

Summary: This is a helpful book for children who see their mother or father on weekends or a similar basis.

Heegaard, M. (1991) When Mom and Dad Separate. Woodland Press: Minneapolis.

Summary: Written by an art therapist, this is an excellent book for young children. It allows for the expression of feelings through the child's own illustrations. We suggest that you buy this book at your local bookstore and not check this book out. However, it is available for your review.

Jong, E. (1984) Megan's Two Houses. Dove Kids: California.

Summary: Megan is a spitfire who speaks up and acts out about her parents' divorce and their new relationships. Well written and illustrated, this is a realistic funny, sad

and honest depiction of a child's struggle to adjust.

Krementz, J. (1994) How It Feels When Parents Divorce. Alfred A. Knopf, Inc.: New York.

Summary: This book details the stories of nineteen children (ages 7-16). The children write about their feelings about divorce and give advice to other kids experiencing the separation of their parents. It will help to normalize feelings associated with divorce and kids are encouraged to write their own story.

Lanske, V. (1998) It's Not Your Fault, Koko Bear. Book Peddlers: Minnesota.

Summary: This book is a take-off on the Berenstain Bears books and likely appealing to young children. Raises many children's concerns and feelings in a storybook approach. Added plus are parenting suggestions at the bottom of each page.

Mayle, P. (1988) Why Are We Getting A Divorce? Harmony Books: New York.

Summary: Highly recommended. An excellent book for the entire family. Through the use of humor and sensitivity, it will help children cope with their feelings and aid parents in understanding their child(ren)'s concerns. Advice on how to reassure children is illustrated as well.

Rogers, F. (1996) Let's Talk About It: Divorce. G.P. Putnam's Sons: New York.

Summary: Written by the ever-popular Mr. Rogers, this book is suited for very young children. Includes pictures of real families and gives kids' good, sage advice on how to express their feelings.

Stinson, K. (1984) Mom and Dad Don't Live Together Any More. Annick Press Ltd.: Buffalo.

Summary: Written for young children, this book is easy to read and can help foster communication between you and your child(ren). It addresses the questions kids often have regarding their parents' separation.

Sullivan, S. (1996) Confessions of a Divorced Kid as Told to Dad. Motivational Resources: Connecticut.

Summary: Simple dialogue between a father and his two daughters. Large format and colorful pictures appealing to young children. Fairly positive upbeat approach to

divorce issues for children.