

# Divorce story books

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We have put together a list of books that will help you talk to children during and after your divorce.

- **Monday, Wednesday and every other Weekend: Karen Stanton**

A euphemism of the implications of divorce. The wonderful illustrations make it appropriate for children, and the story line suits children experiencing a parents divorce where they move between house to house. The involvement of a dog takes the attention of the parents' divorce away from the story.

- A child spends certain days/nights with one parent and other days/nights with the other parent.
- Each parent offers the child a good time, and offers the child benefits which the other cannot.
- There's a constant sadness lingering in the air of not being at 'home'.
- The child eventually comes to terms with the new living arrangements.

- **My Family's Changing: Pat Thomas**

A book which explores the stages of a divorce and the aftermath, it provides prompts and conversation starters for the parent and child to discuss the situation so they gain an understanding.

- Explanation of why a divorce happens, from the meeting of the parents to the divorce.
- Identifies the feelings of the child, e.g. missing one parent, and how the child can overcome these feelings.
- Explores the changing behaviour of the parents after divorce.
- Regular conversation starters, to spark a discussion with your child about the different sections of the situation.

- **Jack: Helen Victoria Bishop & Simon Murray**

A story of reassurance which explores the feelings of a child after divorce. It comforts the child and ensure they are not the cause of the divorce and they are still loved. Also it provides ways to go about living in two houses: remembering PE kit, homework etc.

- Recognises the grief of the child after divorce, and how they blame themselves.
- Portrayal that the child needs reassuring they are not the cause of the divorce, even if they say nothing.

- Conveys the struggle of living in 2 houses, forgetting things – but then gives a way to solve these problems.
- Explaining to the child what a divorce means, and how it will change their life.

- **Dinosaurs Divorce: Laurene Krasny Brown and Marc Brown**

Explains a divorce and why it can happen. Explores all the feelings of the child, and how to overcome them. Detailed explanation of what happens after a divorce and how to deal with it.

- Glossary of divorce words
- Why parents' divorce
- How the child feels afterwards, how to deal with the feelings
- What happens after a divorce
- How to deal with having 2 homes
- How the child can tell their friends
- How to cope with parents new 'friends'

- **Mum and Dad Glue: Kes Gray**

A story of a child realising cracks in a marriage, then coming terms with a divorce being the best option.

- A child's mission to try and fix his parents' marriage
- Soft approach to explaining why divorce happens
- A reminder the parents will always love the child

- **Was it the Chocolate Pudding?: Sandra Levins**

A story about the life of a child after their parents' divorce, the things they do with each parent and how each house has its benefits. Subtle reference to a child thinking the divorce is their fault, but a strong reassurance that divorces aren't the child's fault.

- A child looking back on how his actions 'caused' the divorce
- Detail on life with the father
- Then detail of life with the mother
- The parents reassuring the child it's not their fault

- **Children don't divorce: Rosemary Stones**

Explores the upset after a divorce and the difficult of not seeing both parents every day, but then the child learns to accept their new life and their parents new partners. A realisation on the child's part that lots of parents go through the same thing.

- How the atmosphere in the house changes
- The children's' reactions to the divorce
- Telling friends, and realisation that other people are in the same situation
- Disagreements about the children
- Accepting the parents new partners and their new life

## For older children

- **The Divorce Helpbook for Kids: Cynthia MacGregor**

- Changes in the home, and why the parents can't stay together
- What happens after divorce
- Dealing with feelings
- FAQ's about divorce
- Keeping a relationship with each parent

- **Lemons 2 Lemonade Workbook: Christina McGhee**

- Workbook for the child
- Goes through all the stages of a divorce:
  - Housing
  - People to talk to
  - Feelings

- **The suitcase kid: Jacqueline Wilson**

- Struggle of a young girl stuck between her parents, who don't get along.
- She lives out her suitcase and moves house each week.
- Both parents have new families, the daughter is forced to get along with them.
- Eventually she gets bad marks at school and loses touch with her friends.

- She makes new friends and starts to accept her new life.
- **Clean Break: Jacqueline Wilson**
  - A girl who has already gone through a parents divorce lives with her new family – happily.
  - Her new family then split up when the step father leaves.
  - The family struggle to come to terms with this, and they dislike his new girlfriend.
  - The step dad and girlfriend move to Scotland, to the children’s dissatisfaction.
  - Step dad and girlfriend split up and it ends with the step dad returning to the family.

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