

Divorce for Children and Youth



Books

1. **The Divorce Workbook for Children: Activities That Help Children Cope with Their Parents' Divorce** by Lisa M. Schab, Instant Help Publications (2008) ISBN:9781572246591
2. **The Divorce Workbook for Teens: Activities That Help Children Cope with Their Parents' Divorce** by Lisa M. Schab, Instant Help Publications (2008) ISBN:9781572246591
3. **Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids** by Zoe Stern and Evan Stern, Tricycle Press (2008) ISBN:9781582462417
4. **My Parents are Getting Divorced: How to Keep It Together When Your Mom and Dad Are Splitting Up** by Florence Cadier and Melissa Daly, Sunscreen (2004) ISBN:0810991632
5. **Was It The Chocolate Pudding? A Story For Little Kids About Divorce** by Sandra Levins, American Psychological Association (2005) ISBN:159147308X
6. **Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two** Isolina Ricci, Touchstone (2006) ISBN:9780743277129
7. **My Mommy and Daddy and I Are Getting A Divorce** by Nicole Crowley O'Keefe, Trafford Publishing (2003) ISBN:1412013097
8. **It's Not Your Fault, KoKo Bear: A Read-Together Book for Parents and Young Children During Divorce** by Vicki Lansky, The Book Peddlers (1998) ISBN:0916773477
9. **Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce** by Tamara Schmitz, Price Stern Sloan (2008) ISBN:9780843132212
10. **My Parents Are Divorced Too: A Book for Kids by Kids** by Melanie Ford et al., Magination Press (2006) ISBN:9781591472421
11. **Where am I Sleeping Tonight? (A Story of Divorce)** by Carol Gordon Ekster, Boulden Publishing (2008) ISBN:9781878076304
12. **The Divorce Helpbook for Teens** by Cynthia MacGregor, Impact Publishers (2004) ISBN:9781886230576

Websites

<http://www.kidshealth.org/kid/> (use search term "divorce")

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

