

Reading List for Divorcing Families

Suggested Reading for Parents

Berman, Claire. Making It as Step-Parent. Bantam Books, 1980.

Bonkowski, Sara. Tots Are Non-Divorceable. ACTA Publications, 1998. (A workbook for parents and their children). Birth to 5 years.

Bonnell, Karen, Little, Kristen. The Co-Parents' Handbook: Raising Well-Adjusted, Resilient and Resourceful Kids in a Two-Home Family. 2014.

Burns, Cherie. Step-Motherhood: How to Survive Without Feeling Frustrated, Left-Out or Wicked. Times books, 1985.

Chirban, John T. Collateral Damage: Guiding and Protecting Your Child Through the Minefield of Divorce. 2017.

Ellis, Carolyn, The 7 Pitfalls of Single Parenting, What to Avoid to Help your Children Thrive after Divorce, iUniverse, Inc., New York, 2007.

Emery, Robert, The Truth about Children and Divorce, Dealing with the Emotions so you and your Children can Thrive, Plume, New York 2006.

Flowers, Jenna. The Conscious Parent's Guide to Coparenting, A Mindful Approach to Creating a Collaborative, Positive Parenting Plan. 2016.

Fredenberg, Bruce, Hughes, Carol. Home Will Never be the Same Again (A Guide for Adult children of Gray Divorce), (Intro by Bill Eddy). 2020.

Gadoua, Susan Pease, Stronger Day by Day, Reflections for Healing and Rebuilding after Divorce, New Harbinger Publications, Oakland, 2010.

Hannibal, Mary Ellen. Good Parenting Through Your Divorce. Marlowe & Company, New York, 2007.

Junghans, Jennifer. My Parents Divorce Through my Eyes. A workbook. 2025.

Kalter, Neil. Growing Up With Divorce: Helping Your Child Avoid Immediate and Later Emotional Problems. Free Press: A Division of Simon & Schuster, Inc., New York, 1990.

Kelly, J.B. & Emery, R.E. Children's Adjustment Following Divorce: Risk and Resilience Perspectives. Family Relations, 52,(4), 352-362. 2003.

Lieberman, Alicia, The Emotional Life of the Toddler, Free Press, New York, 1993. This is an approachable description of how toddler's experience the world. Chapters on the experience of toddlers after a separation/divorce.

Marston, Stephanie. The Divorced Parent: Success Strategies for Raising Your Children After Separation. Morrow, 1994.

Neuman, Gary M. Helping Your Kids Cope with Divorce the Sandcastles Way. Random House, New York, 1998.

Oddenion, Michael. Putting Kids First: Walking Away From a Marriage Without Walking Over the Kids. Family Connections, 1995.

Ricci, Isolina. Mom's House, Dad's House: Making Two Homes for Your Child. Fireside of Simon & Schuster, Inc., New York, 1997.

Ricci, Isolina. Mom's House, Dad's House for Kids. Fireside of Simon & Schuster, Inc., New York, 2006.

Scharff, Kate, Squid, Neon. We Need to Talk About Divorce, an Important Book about Stepfamilies, and Feeling. 2025. <https://www.amazon.com/Need-Talk-About-Divorce-Stepfamilies/dp/1684494486>

Schneider, Med, Zuckerberg, Joan, Difficult Questions Kids Ask (and are too afraid to ask) About Divorce, Simon and Schuster, New York, 1996.

Siegel, Daniel, Bryson, Tina, The Whole-Brain Child, 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Delacorte Press, New York, 2011. This is a wonderfully practical parenting book that is based in neuroscience.

Wolfelt, Alan, Maloney, Raelynn, Healing A Child's Heart After Divorce, 100 Practical Ideas for Families Friends and Caregivers, Companion, Fort Collins, 2011.

Preschool: (4-6 year olds)

Abercrombie, Barbara. Charlie Anderson. Simon & Schuster Children's Publishing, New York, 1995.

Best, Carl. Taxi Taxi. Little, Brown. 1994. (Tina, a school-aged daughter of divorced parents, looks forward to the Sunday afternoons she spends with her Papi, driver of the most yellow taxi in New York City. Each Sunday, Tina and Papi drive to the country to tend their flower and vegetable garden and to enjoy quiet times in each other's company. Spanish words and phrases are sprinkled throughout this realistic picture of life in a bilingual, divorced family). Ages 4-8.

Brown, Laurence, and Marc Laurence. Dinosaurs Divorce. Little, Brown, 1986.

Cain, Barbara. Double-Dip Feelings: Stories to Help Children Understand Emotions. Magination Press, 1990.

Caines, Jeannette. Daddy. Harper and Row, 1977. (Child visits father and stepmother each Saturday. African-American stepfamily).

Christiansen, C.B. My Mother's House, My Father's House. Atheneum/Macmillan, New York, 1995.

Helmering, Doris. I Have Two Families. Abingdon, Nashville, 1981.

Hoffman, Mary. Boundless Grace. Dial Books, 2000. (African American girl goes to Africa to visit her father).

Lansky, Vicki. It's Not Your Fault, Koko Bear. Book Peddlers, 1998. (Available in English and Spanish).

Moore-Mallinos, Jennifer, Daddy's Getting Married, Barron's. New York, 2000.

Ranson, Jeanie Franz. I Don't Want to Talk About It. Magination Press, 2000.

Willhoite, Michael. Daddy's Roommate. Horn Book, Inc., 1991. (A young child discusses his father's new living situation, in which the father and his gay roommate share eating, doing chores, playing, loving and living).

Wyeth, Sharon Dennis. Always My Dad. (A father whose visits are unpredictable but treasured reminds his family that, no matter where he is, he's always dad. Beautiful illustrations of an African-American family). Ages 4-8.

Elementary School: (7-9 year olds)

Caseley, Judith. Priscilla Twice. Greenwillow Books, 1995. (A story of a girl who feels split in half. It helps her understand in reassuring and even humorous ways that there is more than one kind of family).

Clearly, Beverly. Dear Mr. Henshaw. Avon Co., 1994. (An award winning book about a 10-year-old-boy who writes letters to an unmet hero describing how he misses his father. Also available in Spanish).

Cruise, Robin. The Top Secret Journal of Fiona Claire Jardin. Harcourt Brace, San Diego, 1998.

Fassler, David; Lash, Michele; Blakeslee Ives, Sally. Changing Families: A Guide for Kids and Grown-Ups. Waterfront Books, Vermont, 1988. (Designed to be used by children and parents together).

Karst, Patrice, The Invisible String, DeVorss & Company, Camarillo, Ca, 2000.

Johnston, J.F. Breuning, K., Garrity C., & Baris, M. Through the Eyes of Children: Healing Stories for Children of Divorce. The Free Press, 1997.

Jong, Erica. Megan's Two Houses. Dove Kids, 1996. (Struggling with the many problems faced by children of divorced families, eight-year-old Megan tries to adjust to having two rooms, two pets, two sets of possessions, and two potential stepparents).

Menenfex-Aponte, Emily, When Mom and Dad Divorce, A Kid's Resource, Abbey

Place, St. Meinrad, IN, 1999.

Park, Barbara. Don't Make Me Smile. Bullseye, 1990. (An eleven-year-old boy feels his life will never be the same again after his parent's divorce; people try to cheer him up to no avail. He goes for professional counseling). Ages 8-12.

Paulsen, Gary. The Hatchet. Noguer y Caralt Editores, S.A., 1996. (In Spanish: El Hacha.) (After a plane crash, thirteen-year-old Brian spends fifty-four days in the wilderness, learning to survive with only the aid of a hatchet given him by his mother, and learning also to survive his parents' divorce).

Pickhardt, C.E. The Case of the Scary Divorce. (A ten-year-old boy meets the mysterious "Professor Jackson Skye: Helping Investigator" who enlists his aid in solving eight cases, each dealing with a problem he himself is experiencing during his parents' divorce). Ages 9-12.

Ricci PhD, Isolina. Mom's House, Dad's House: Making two homes for your child. 1997.

Rubin, Judith Aron, My Mom and Dad Don't Live Together Anymore, Magination Press, Washington, D.C., 2002.

Schab, Lisa, The Divorce Workbook for Children, Helping Kids to Overcome Difficult Family Changes and Grow up Happy, New Harbinger Publishing, Oakland, 2008.

Stinson, Katherine. Mom and Dad Don't Live Together Anymore. Annick Press, New York, 1985.

Tax, Meredith. Families. Little, Brown, 1981. (This book illustrates that there are all kinds of families, and "The main thing isn't where they live or how big they are...it's how much they love each other." This book normalizes differences between many types of families, and is recommended for children who feel stigmatized by coming from a divorced family. It is culturally sensitive).

Vigna, J. Saying Goodbye to Daddy. Albert Whitman, Illinois, 1991.

Preteen and Teenage:

American Girl Library, Help! A Girl's Guide to Divorce and Stepfamilies, Pleasant Company Publications, Wisconsin, 1999.

Blume, Judy. It's Not the End of the World. Dell, New York, 1986. (This is the story of how a girl and her siblings react to their parents' separation. Karen is concerned about how the family will manage financially and who will take care of them. She tries to get her parents to reconcile. Her 6-year-old sister develops fears of the dark and of being left alone. Her 14-year-old brother runs away for a few days. Karen meets another girl whose parents are divorced, and learns some new ways of coping from her).

Danzier, Paula. The Divorce Express. Paper Star, 1998. (A 14-year-old girl lives in a joint parenting situation. Problems arise when her mom plans to marry. After Phoebe's parents divorce she has to travel every Sunday to see her dad. Just when she thinks she

has a handle on it all, her mom makes a decision that will change everything again). Ages 12-15.

Evens, Maria D. This is Me and My Two Families. Magination Press, 2000. (An awareness scrapbook/journal for kids living in two separate families).

Ford, Melanie, Annie and Steven. My Parents Are Divorced, Too. Magination Press, 1997. (Three stepsiblings in a blended family discuss their experiences, and those of friends, with divorce and remarriage. These young authors write about their own experiences frankly and clearly, in a way that can be understood by young readers. More than just a recounting of experiences it is a guidebook for getting adjusted to a new life, and a means for opening new avenues of communication at a difficult time in everyone's life). Ages 8-12.

Goldman, Katie. In the Wings. Dial, New York, 1982.

Klein, Norma. Breaking Up. Avon, New York, 1980.

Krementz, Jill. How It Feels When Parents Divorce. Alfred A. Knopf, New York, 1988. (A sensitive view of the experiences of children, mostly adolescents, who were interviewed and photographed).

Richards, Arlene & Willis, Irene. How to Get It Together When Your Parents Are Coming Apart. Willard Press, 1976. (A comprehensive "coping" book that addresses those needing help with the stresses and confusion of parental divorce; includes an excellent section on legal aspects of divorce).

Schab LCSW, Lisa. The Divorce Workbook for Teens: Activities to Help You Move Beyond the Break Up. New Harbinger Publishing, Oakland, 2008.

Voight, Cynthia. Solitary Blue, Athenium, 1983. (A sophisticated sensitive story about a high school boy-Jeff- who resolves his feelings about his custodial father and absent mother. Jeff's mother, who deserted the family years before, re-enters his life and challenges Jeff to overcome his pain about his family.