

Divorce



Books

1. **Healing a Child's Heart After Divorce: 100 Practical Ideas for Families, Friends and Caregivers** by Alan D. Wolfelt, Companion Press (2011) ISBN:9781617221422
2. **Smart Stepfamily: The Seven Steps to a Healthy Family** by Ron L. Deal, Bethany House Pub (2006) ISBN:9780764201592
3. **Creative Interventions for Children of Divorce** by Liana Lowenstein, Companion Press (2006) ISBN:9780968519936
4. **The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive** by Robert E. Emery, Penguin Books (2006) ISBN:9780452287167
5. **Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex** by Richard A. Warshak, Regan Books (2010) ISBN:9780061863264
6. **Helping Your Kids Cope with Divorce the Sandcastles Way** by M. Gary Neuman, Random House (1999) ISBN:9780679778011
7. **Shared Parenting: Raising Your Child Cooperatively After Separation** by Jill Burrett and Michael Green, Celestial Arts (2009) ISBN:9781587613463
8. **Child-Friendly Divorce: A Divorce(d) Therapists Guide to Helping Your Children Thrive** by Diane M. Berry, Blue Waters Publications (2004) ISBN:0974207845
9. **Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce** by JoAnne Pedro-Carroll, Avery Trade (2010) ISBN:9781583334010
10. **Parenting Through Divorce: Helping Your Children Thrive During and After the Split** by Lisa René Reynolds, Skyhorse Publishing (2011) ISBN:9781616084424

Websites

<http://www.aacap.org/publications/factsfam/divorce.htm>
<http://www.kidshealth.org/parent/> (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.*

