


RESOURCES ON HOW TO TELL YOUR CHILDREN ABOUT SEPARATION AND DIVORCE

This is not a comprehensive list of all resources available on the topic, nor can our provision of same be seen as an endorsement of any of the respective content, but rather a starting point for your further research and interest on the topic:

BOOKS

[The Divorce Helpbook for Kids](#) (ages 8-12)

MacGregor, Cynthia. California: Impact Publishers, Inc., 2001 

[The Case of the Scary Divorce](#) (ages 7-9)

Pickhardt, C.E. Washington, DC: Magination Press, 1997 

[Cosmos' Mom and Dad Are Moving Apart](#) (ages 3-6)

Thiel, Annie. Los Angeles: Playdate Kids Publishing, 2006 

[Dinosaurs Divorce: A Guide for Changing Families](#) (ages 4-8)

Brown, Laurence Krasny and Marc Brown. New York: Little, Brown and Company, 1986  

VIDEOS

Children: The Experts on Divorce

By Elizabeth Hickey

Salt Lake City, UT: Family Connections Publishing Co., 1994.

<http://vimeo.com/10262942>

WEBSITES

[About.com Single Parents](#)

Questions Kids Ask Their Divorcing Parents

<http://singleparents.about.com/od/communicatingwiththekids/a/questions-for-divorcing-parents.htm>

Help Children of Divorce Cope With Family Change

http://singleparents.about.com/od/parenting/a/cope_divorce.htm

Tell Your Children about Your Divorce

http://singleparents.about.com/od/communicatingwiththekids/tp/Tell_the_Kids.htm

[Focus on the Family Canada](#)

Tough questions kids ask custodial parents

<http://www.focushelps.ca/article/teens/impact-divorce/tough-questions-kids-ask-custodial-parents>

Children and Teens First

Telling your children

http://www.chatfirst.com.au/parents/03_1_tellingchildren.php

Supporting your children during and after separation

http://www.chatfirst.com.au/parents/03_2_helpingchildren.php

Parental Conflict

http://www.chatfirst.com.au/parents/03_3_parentconflict.php

New family structures and parenting plans

http://www.chatfirst.com.au/parents/03_4_parentingarrangements.php

When parents live far away from each other

http://www.chatfirst.com.au/parents/03_5_longdistance.php

Keeping in touch with your children

http://www.chatfirst.com.au/parents/03_6_keepintouch.php

Anger Management Groups

Before you Divorce

<http://www.angermanagementgroups.com/BeforeYouDivorce.html>

Families Change

A Guide for Grown-Ups

Phrases you might to use when explaining the situation to your children

http://www.familieschange.ca/grownup/section_09.htm

What you should not say

http://www.familieschange.ca/grownup/section_10.htm

Responding to children's questions

http://www.familieschange.ca/grownup/section_11.htm

