

Divorce



**McMaster
Children's Hospital**



Background Information

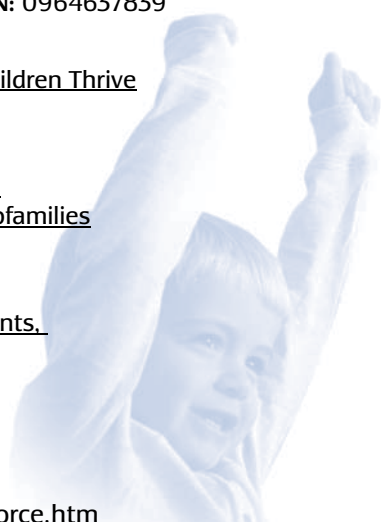
1. **Vickie Lansky's Divorce Book for Parents:
Helping Your Children Cope With Divorce and Its Aftermath**
by Vicki Lansky, Book Peddlers (2003) **ISBN: 0916773485**
2. **What About the Kids? Raising Your Children Before, During and After Divorce**
by Judith S. Wallerstein, Hyperion (2004) **ISBN: 0786887516**
3. **ABCs of Surviving Divorce: Important Tips for Parents, Teens & Children**
by Leah Atchison, 1st Books Library (2003) **ISBN: 140337127X**
4. **The Truth About Children and Divorce:
Dealing With the Emotions So You and Your Children Can Thrive**
by Robert E. Emery, Penguin Books (2004) **ISBN: 9780452287167**
5. **Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex**
by Richard A. Warshak, Regan Books (2003) **ISBN: 0060934573**

Step by Step Guides

6. **Helping Children Cope with Divorce**
by Rosemary Wells, International Publishers Marketing (2003) **ISBN: 0859699013**
7. **Parents are Forever:
A Step-by-Step Guide to Becoming Successful Co-parents After Divorce**
by Shirley Thomas, Springboard Pubns. (2004) **ISBN: 0964637839**
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. **Divorce & New Beginnings: A Complete Guide to
Recovery, Solo Parenting, Co-Parenting, and Stepfamilies**
by Genevieve Clapp, John Wiley & Sons (2000)
ISBN: 0471326488
10. **Stepliving for Teens: Getting Along With Stepparents,
Parents, and Siblings**
by Joel D. Block, Price Stern Sloan Pub (2001)
ISBN: 0843175680

Website

<http://www.aacap.org/publications/factsfam/divorce.htm>



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres 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.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord