

Divorce for Children and Youth



McMaster
Children's Hospital



Books

1. The Divorce Workbook for Children: Activities That Help Children Cope With Their Parents' Divorce
by Lisa M. Schab, Instant Help Publications (2004) **ISBN: 1931704139**
2. With My Mom, With My Dad: A Book About Divorce
by Maribeth Boelts and Cheri Bladholm, Zonderkidz (2004) **ISBN: 0310706440**
3. Don't Fall Apart on Saturdays! The Children's Divorce-Survival Book
by Adolf Moser, Landmark Editions (2000) **ISBN: 093384977X**
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. Divorce Comes to Our House
by Connie S. Owens, Warner Press (2003) **ISBN: 1593170092**
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. What Can I Do? A Book for Children of Divorce
by Danielle Lowry, Magination Press (2001) **ISBN: 1557987696**
10. What in the World Do You Do When Your Parents Divorce
by Kent Winchester and Roberta Beyer, Free Spirit Publishing (2001)
ISBN: 1575420929



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



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