



Know how. Know **now.**

# Website and Book List

## For Parents Experiencing Divorce and/or Custody Issues

Compiled by the University of Nebraska-Lincoln Extension

Contact your local library, child's school counselor or social worker for additional resources.

### WEBSITES

#### EXTENSION

University of Nebraska–Lincoln Extension – Divorce, Children and Stepfamilies	<a href="http://www.extension.unl.edu/web/child/divorce">www.extension.unl.edu/web/child/divorce</a>
UNL Extension – Early Child Development	<a href="http://www.extension.unl.edu/web/child">www.extension.unl.edu/web/child</a>
UNL Extension Publication “Supporting Stepfamilies: Workbook with Lessons and Activities for Parents and Children” (EC476)	<a href="http://go.unl.edu/stepfamilies">http://go.unl.edu/stepfamilies</a>
National Cooperative Extension System – Parenting Resources	<a href="http://www.extension.org/parenting">www.extension.org/parenting</a>
National Cooperative Extension System – Just in Time Parenting eNewsletters (monthly for children 1 to 12 months of age, then every other month for children 1 to 5 years old)	<a href="http://www.extension.org/pages/9198/just-in-time-parenting-community-page">www.extension.org/pages/9198/just-in-time-parenting-community-page</a>

#### STATE OF NEBRASKA JUDICIAL BRANCH

Divorce, Parenting and Support Information	<a href="http://supremecourt.ne.gov/11632/divorce-parenting-and-support">http://supremecourt.ne.gov/11632/divorce-parenting-and-support</a>
State of Nebraska Form No. DC 6:5(6) – Sample Parenting Plan – Parent-Created	<a href="http://supremecourt.ne.gov/sites/court.cdc.nol.org/files/forms/DC-6-5-6.pdf">http://supremecourt.ne.gov/sites/court.cdc.nol.org/files/forms/DC-6-5-6.pdf</a>

#### OTHER

Little Children BIG Challenges: Divorce (by Sesame Street)	<a href="http://www.sesamestreet.org/divorce">www.sesamestreet.org/divorce</a>
Bonus Families (stepfamily resources)	<a href="http://www.bonusfamilies.org">www.bonusfamilies.org</a>
Divorce Care for Kids (faith-based)	<a href="http://www.dc4k.org">www.dc4k.org</a>
Families Change (includes guides for children, teens/pre-teens, parents & professionals)	<a href="http://www.familieschange.ca">www.familieschange.ca</a>
For Parents Wishing to Remember Their Children’s Needs as They Work Through Marital Problems	<a href="http://www.whileweheal.org">www.whileweheal.org</a>
For Parents Never Married to Each Other	<a href="http://www.proudtoparent.org">www.proudtoparent.org</a>
For Divorcing and Divorced Parents	<a href="http://www.uptoparents.org">www.uptoparents.org</a>
National Center for Fathering	<a href="http://www.fathers.com">www.fathers.com</a>

Print additional copies at [www.extension.unl.edu/divorce](http://www.extension.unl.edu/divorce). Updated July 2014. List is updated annually. Forward suggestions to Extension Educator Maureen Burson, UNL Extension in Lancaster County, 444 Cherrycreek Road, Suite A, Lincoln, NE 68528; 402-441-7180; email [mburson1@unl.edu](mailto:mburson1@unl.edu).

University of Nebraska–Lincoln Extension’s “Co-Parenting for Successful Kids” is a research-based education class designed to help separating and divorcing parents cope with divorce and custody.

**ON-SITE class information at [www.extension.unl.edu/divorce](http://www.extension.unl.edu/divorce)**

**ONLINE classes available at <http://go.unl.edu/coparenting>**

**or call 855-308-8037 (toll-free) or email [parenting@unl.edu](mailto:parenting@unl.edu)**



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# BOOKS

Title	Author(s)	Year	Publisher
<b>BOOKS FOR CHILDREN AGES 5 &amp; UNDER</b>			
Do You Sing Twinkle? A Story About Remarriage and New Family ( <i>ages 4-8</i> )	Sandra Levins	2010	Magination Press
Fred Stays with Me	Nancy Coffelt	2007	Little Brown
It's Not Your Fault, Koko Bear: A Read Together Book for Parents and Young Children During Divorce	Vicki Lansky	1998	Book Peddlers
Mama and Daddy Bear's Divorce	Cornelia Maude Spelman	1998	Albert Whitman
My Parents Are Divorced, My Elbows Have Nicknames; and Other Facts About Me	Bill Cochran	2009	HarperCollins
Two Homes	Claire Masurel	2001	Candlewick Press
Was it the Chocolate Pudding? A Story for Little Kids About Divorce ( <i>ages 2-6</i> )	Sandra Levins and Bryan Langdo	2006	American Psychological Assn.
<b>BOOKS FOR CHILDREN AGES 6-12</b>			
Amelia's Family Ties	Marissa Moss	2000	Pleasant Company/ American Girl
Bird Lake Moon ( <i>fiction – divorce &amp; healing</i> )	Kevin Henkes	2008	Greenwillow
Help!: A Girl's Guide to Divorce and Stepfamilies	Nancy Holyoke	1999	Pleasant Company/ American Girl
It's Not the End of the World ( <i>classic</i> )	Judy Blume	1972	Yearling
My Parents Are Divorced Too, A Book for Kids by Kids	Melanie, Annie, and Steven Ford as told to Jann Blackstone-Ford	2006	Magination Press
What Can I Do? A Book for Children of Divorce	Danielle Lowry	2001	Magination Press
<b>BOOKS FOR CHILDREN AGES 13-18</b>			
The Divorce Helpbook for Teens	Cynthia MacGregor	2004	Impact Publishers
The Bright Side, Surviving Your Parents' Divorce	Max Sindell	2007	Health Communications, Inc.
How to Survive Your Parents' Divorce, Kids Advice to Kids	Gayle Kimball, Ph.D.	2007	Equality Press
Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two	Isolina Ricci	2006	Touchstone
Stepliving for Teens: Getting Along with Stepparents, Parents and Siblings	Joel D. Block, Jennifer Frantz, Susan S. Bartell	2001	Price Stern Sloan
Surviving Divorce, Teens Talk	Trudi Strain Trueit	2007	Scholastic
When Parents Separate	Pete Sandars and Steve Myers	2007	Alladin Book Ltd
<b>BOOKS FOR ADULTS</b>			
Between Two Worlds: the Inner Lives of Children of Divorce	Elizabeth Marquardt	2005	Crown Publishers
The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce	Elizabeth Thayer	2001	New Harbinger Publication
Custody Chaos, Personal Peace: Sharing Custody with an Ex Who is Driving You Crazy	Carla Garrity and Mitchell Baris	2001	Lexington
Does Wednesday Mean Mom's House or Dad's?	Marc Ackerman	1997	John Wiley & Sons, Inc.
Don't Alienate the Kids! Raising Resilient Children While Avoiding High Conflict Divorce	Bill Eddy	2010	HCI Press
Forgive for Good	Fred Luskin	2002	Harper San Franc.
Helping Your Kids Cope with Divorce the Sandcastles Way ( <i>classic</i> )	M. Gary Neuman with Patricia Romanowski	1998	Times
Joint Custody with a Jerk – Raising a Child with an Uncooperative Ex	Julie A. Ross and Judy Corcoran	1996	St. Martin's Press
Mom's House, Dad's House: Making two homes for your child ( <i>revised classic</i> )	Isolina Ricci	1997	Touchstone
Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce	JoAnne Pedro-Carroll, Ph.D., M.Ed.	2010	Avery/Penguin
What about the Kids? Raising Children Before, During and After Divorce	Judith S. Wallerstein, Sandra Blakeslee	2003	Hyperion
We're Still Family, What Grown Children Say About Their Parents' Divorce	Constance Ahrons	2004	HarperCollins