



divorce and  
children

# Co-Parent Resource Guide

Christina McGhee | [divorceandchildren.com](http://divorceandchildren.com)

helping good parents get through a bad time

**Dear co-parent,**

If there's one thing I've learned in my years as a divorce coach, it's this: when you're in the thick of divorce and life is changing on every level, looking for help can feel just as overwhelming as the problem you're facing.

You know you need support. You want to make sure your kids are okay. But figuring out what that even looks like - or where to start - can feel impossible.

I've listened to so many parents talk about those late nights spent scrolling, searching, and reading, only to end up down a rabbit hole with nothing to show for it except exhaustion and worry.

If that's you right now, please know this: you're not alone.

More than anything, you want to help your children through this. You just need solid, practical information that makes things feel a little more manageable, not more complicated.

That's exactly why I created this resource guide. It's here to help bridge that gap.

Inside, you'll find practical tools and recommendations - books for you and your children, podcasts to check out, and resources for specific challenges. Everything included in this guide was chosen to help you get a foothold as life begins to shift for you and your kids.

My goal isn't to pressure you into changing everything at once. It's to help you take the next right step.

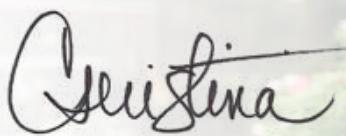
And that matters. Because taking action, even in small ways, creates momentum.

So instead of trying to tackle it all, start with one thing that feels "do-able." Listen to a podcast, pick up a book for your child, watch a documentary about divorce, or read something that helps you understand your own experience a little better.

Every small action you take puts you closer to a establishing a new normal for you and your children.

You don't have to have it all figured out.

Just start.

A handwritten signature in black ink that reads "Christina". The signature is fluid and cursive, with a small dot above the letter "i".

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# FILMS & PROGRAMS ABOUT DIVORCE

Books and or films can be a helpful way to start conversations with your kids about tough topics.

Often it's easier and less stressful for children to talk about what's happening in a book or film than what's going on in their own lives.

Keep in mind, while a resource may be recommended, that doesn't mean it's the best resource for your children.

**Every family's needs and circumstances are different, be sure to preview books or videos before giving them to your children.**

## program for young kids

### Sesame Workshop Family Resources for kids 2-8 years old

[sesamestreetincommunities.org/topics/divorce](http://sesamestreetincommunities.org/topics/divorce)

This kid-friendly site offers a variety of resources to help parents and kids tackle family change.

It provides a series of video clips and engaging materials to support both children and their parents.

It also provides resources for Spanish speaking families.



# FILMS & PROGRAMS ABOUT DIVORCE



## documentary films

**The SPLIT Outreach Project - [splitfilm.org](http://splitfilm.org)**



### **SPLIT: The EARLY Years** A film about divorce for kids and their parents

Eye-opening documentary offering straight from the heart wisdom. Created to let kids know they're not alone, SPLIT normalizes the many feelings children experience while providing the reassuring message that it's okay to talk about divorce.

### **SPLIT UP: The TEEN Years** A film about divorce for teens and their parents

This captivating sequel continues the stories of the original SPLIT kids as teens and young adults, reflecting on childhoods marked by divorce. It provides an intimate and honest look at the various ways growing up in two homes impacts children long-term.



**Stream both films online. Streaming package includes an introduction and guidance from divorce-parenting expert, Christina McGhee.**

Right now, there's probably nothing  
you want more than for your kids to be okay.

# PARENTING APART

helping separated and divorced  
parents raise **happy** and **secure** kids

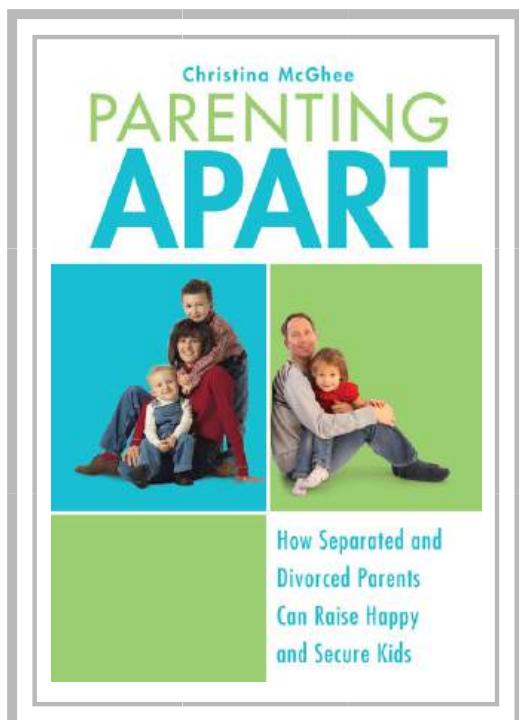
Christina McGhee

[www.divorceandchildren.com](http://www.divorceandchildren.com)



**"The book every child wishes their divorced parent would read."**

Amy McCready, founder of Positive Parenting Solutions  
[www.positiveparentingsolutions.com](http://www.positiveparentingsolutions.com)



**Offering you quick and convenient  
access to the information you most  
need to tackle tough co-parenting  
problems.**

Formatted in short, easy-to-read chapters, this book is not only filled with practical, effective ways to minimize the effects of divorce on your kids but also strengthen your relationship with them.

**GET YOUR COPY** 

[divorceandchildren.com](http://divorceandchildren.com)

# HELP FOR CHILDREN OF DIVORCE

## books for younger kids

### **The Boy Who Didn't Want To Be Sad**

Rob Goldblatt

For ages 3-6 years old

### **The Invisible String**

Patrice Karst

For ages 3-6 years old

### **Was It the Chocolate Pudding?**

A Story for Little Kids About Divorce

Sandra Levins and Bryan Langdo

For ages 3-6 years old

### **Missing Rabbit**

Roni Schotter

For ages 3-6 years old

### **Two Homes**

Claire Masurel

For ages 3-6 years old

### **My Family's Changing**

Pat Thomas

For ages 3-6 years old

### **Living with Mom and Living with Dad**

Melanie Walsh

For ages 3-7 years old

### **We Love You No Matter What**

Herve G Wery

For ages 3 years old and up

### **Mom and Dad Glue**

Kes Gray – For ages 5-8 years old

### **Divorce Is the Worst: (Ordinary Terrible Things)**

Anastasia Higginbotham

For ages 4-8 years old

### **When They Fight**

Kathryn White

For ages 3 years old and up

### **Fred Stays With Me!**

Nancy Coffelt

For ages 5-9 years old

### **Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce**

Tamara Schmitz

For ages 3-7 years old

### **The Day I Lost My Powers: A Story About Divorce for Kids**

Erica Lindsey

For ages 5-7 years old

***Not about divorce but good for feelings & developing coping skills***

### **The Way I Feel**

Janan Cain

For ages 4-8 years old

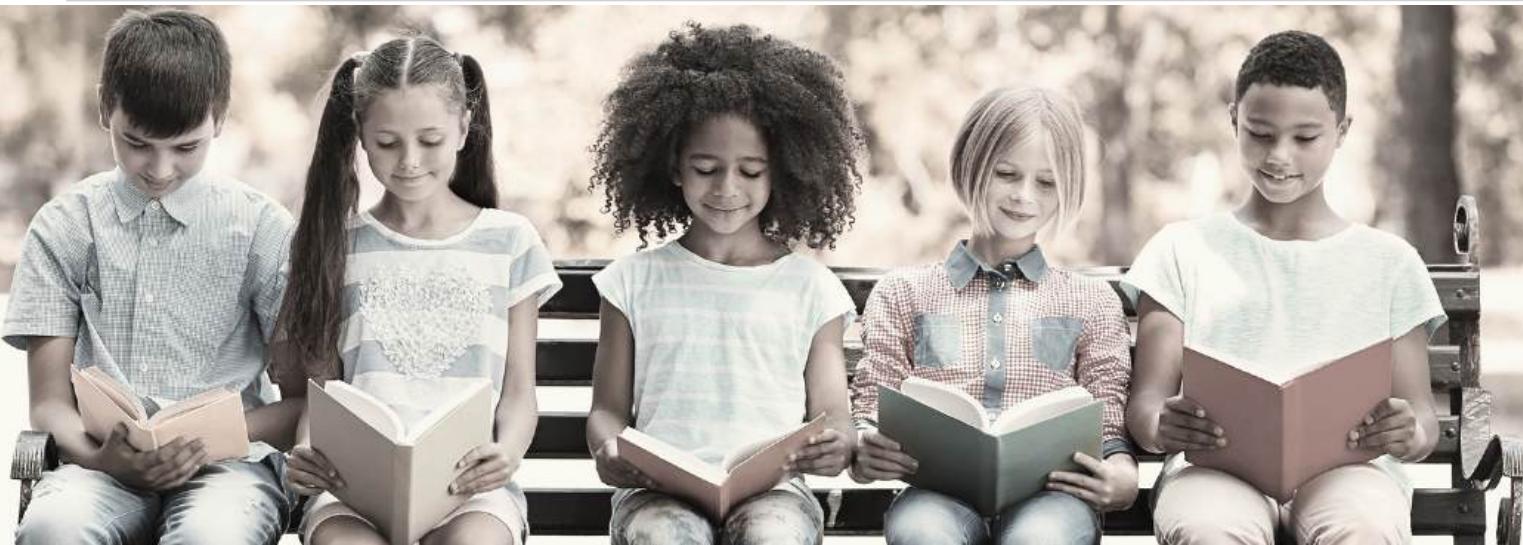
### **Is a Worry Worrying You?**

Ferida Wolff

For ages 4-8 years old



# HELP FOR CHILDREN OF DIVORCE



## books for older children

**Getting Through My Parents' Divorce: A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts**

Amy J. L. Baker and Katherine C. Andre, PhD  
5 -12 years old

**20 Children's Books About Divorce: A Reading List from bookriot.com**  
<https://bookriot.com/childrens-books-about-divorce/>

Reading list comprised of picture books and middle-grade novels,

**Mom's House, Dad's House for Kids**

Isolina Ricci  
For ages 10 -12 years old

**Why Are We Getting a Divorce?**

Peter Mayle  
For ages 8 -12 years old

**Amber Brown is Green with Envy**

Paula Danziger  
For ages 8 -12 years old: Fiction

## support resources for teens and tweens

**The Great Treehouse War**  
Lisa Graff

**Divorce Is Not the End of the World: Zoe's and Evan's Coping Guide for Kids**

Zoe Stern and Evan Stern

**We Need to Talk About Divorce**  
Kate Scharff & Neon Squid

**It's Not the End of the World**  
Judy Blume



# HELP FOR CHILDREN OF DIVORCE

## support resources for teens and tweens cont.

**The Divorce Workbook for Teens: Activities to Help You Move Beyond the Breakup**

Lisa M. Schab

**Split in Two: Keeping it Together When Your Parents Live Apart**

Karen Buscemi

**Young Adult Books About Divorce, and Separation - list created by bookriot.com**

[bookriot.com/2018/04/16/ya-books-about-divorce/](http://bookriot.com/2018/04/16/ya-books-about-divorce/)

**The Divorce Helpbook for Teens**

Cynthia MacGregor

**SPLIT UP: The TEEN Years Documentary film**

Ellen Bruno - The SPLIT Outreach Project  
[splitfilm.org](http://splitfilm.org)

**A Kid With Two Homes**

A blog and social media platform created by Bella Duncan. Designed to help kids of divorce feel seen, heard, and less alone.

[akidwithtwohomes.com](http://akidwithtwohomes.com)

 [@akidwithtwohomes](https://www.instagram.com/akidwithtwohomes)

## adult children of divorce

**The Way They Were: Dealing with Your Parents' Divorce After a Lifetime of Marriage**

Brooke Lea Foster

**Adult Children of Divorce: How to Overcome the Legacy of Your Parents' Breakup and Enjoy Love, Trust, and Intimacy**

Jeffery Zimmerman and Elizabeth Thayer

**The Love They Lost: Living with the Legacy of Our Parents' Divorce**

Stephanie Staal

**Home Will Never Be the Same Again: A Guide for Adult Children of Gray Divorce**

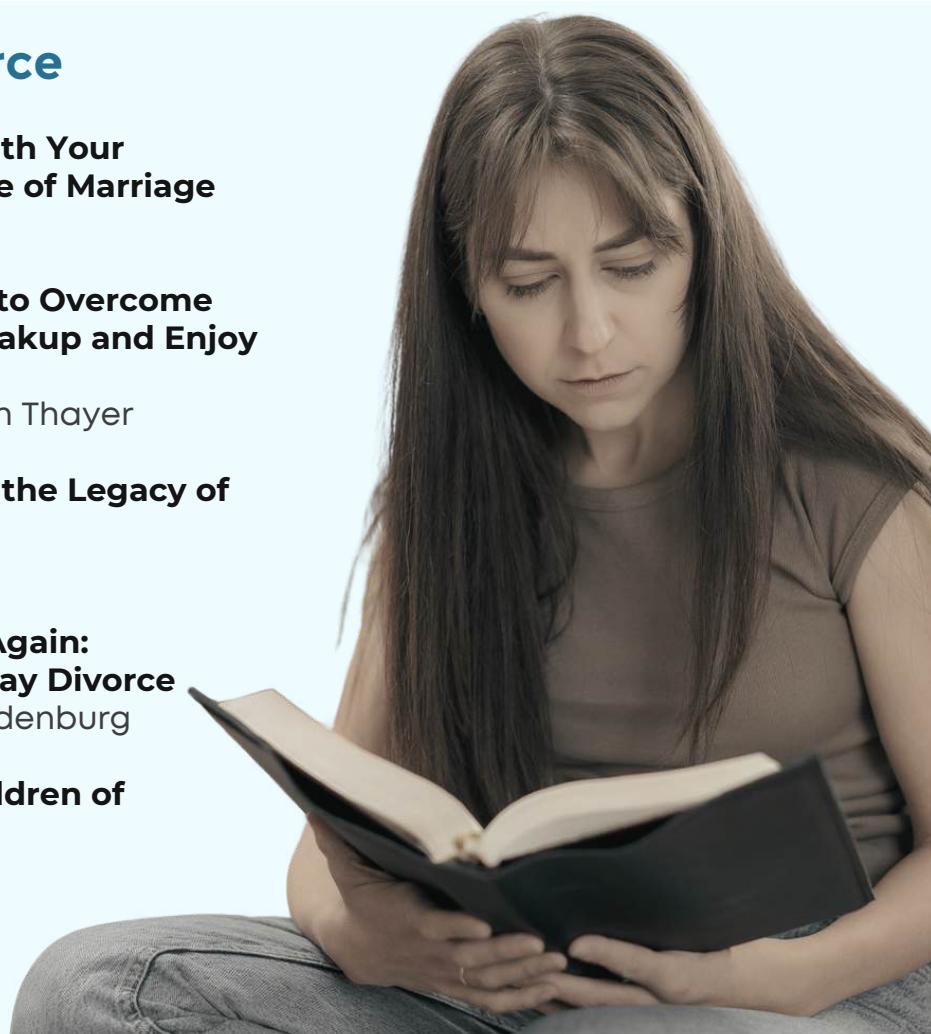
Carol R. Hughes and Bruce R. Fredenburg

**Primal Loss: The Now-Adult Children of Divorce Speak**

Leila Miller

**Adult Children of Divorce and the Parents Who Love Them**

Aan Breken



# HELP FOR CHILDREN OF DIVORCE

## other resources for specialized issues

### Books That Heal Kids

[booksthathealkids.blogspot.com](http://booksthathealkids.blogspot.com)

A fabulous website that offers reviews on a wide variety of books for both children and adults, dealing with a diverse range of topics.

### Magination Press

[apa.org/pubs/magination](http://apa.org/pubs/magination)

Sponsored by the American Psychological Association, it offers a variety of books for children dealing with complex life issues such as moving, divorce, depression, domestic violence, anxiety, eating problems, etc.

### Hey Sigmund Website

by Karen Young, PhD

[heysigmund.com](http://heysigmund.com)

An extremely informative website filled with articles and resources to help kids/teens deal with anxiety and build courage. Karen Young is also the author of Hey Warrior and Hey Awesome, excellent books that explain why we get anxious and how it's our brain's way of telling us we're about to do something brave.

### A Kids Co. | [akidscocom](http://akidscocom)

A Kids Co. is an acclaimed media company known for creating empowering content for kids and families.

Launched in 2019, they offer a growing series of books, podcasts, and videos that are widely used in homes and classrooms around the world, helping families navigate challenging and important topics together.



## Co-parent with purpose, even when it's hard.

Ever felt completely overwhelmed and unsure what to do next? I got you.

The Guiding Principle Coach is a tool, I created for parents just like you. It's a customized GPT that walks you through a few short, reflective questions.

At the end, you'll have a simple two-to-three-sentence statement, your Guiding Principle, to anchor how you want to show up for your kids during and after divorce.



**Divorce may change the shape of your family, but it doesn't have to define your children's future.**

When emotions run high and communication breaks down, it's easy to lose sight of what matters most.

This tool helps you reconnect to your values, clarify your intentions, and stay grounded when co-parenting feels messy or hard.

Think of it as your parenting North Star - a steady reminder of who you want to be for your kids, no matter what's happening around you.



**FIND YOUR NORTH STAR HERE**

# HELP FOR CO-PARENTS

## books for co-parents

### **Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids**

Christina McGhee | [divorceandchildren.com](http://divorceandchildren.com)

### **The D Word: Making the Ultimate Decision About Your Marriage**

Kate Anthony

### **Conscious Uncoupling: 5 Steps to Living Happily Even After**

Katherine Woodward Thomas

### **We're Still Family, What Grown Children Have to Say About Their Parents Divorce**

Constance Ahrons, PhD

### **The Truth About Children and Divorce**

Robert Emery PhD

### **Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce**

JoAnne Pedro-Carroll

### **The Co-Parenting Method: Six Steps to Raise Happy Kids After Separation and Divorce**

Marcie Shaoul

### **Better Apart: The Radically Positive Way to Separate**

Gabrielle Hartley and Elena Brower



# HELP FOR CO-PARENTS

## books for co-parents cont.

**How to Talk to Your Kids About Your Divorce: Healthy, Effective Communication Techniques for Your Changing Family**

Samantha Rodman

**Talking to Children About Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce**

Jean McBride, MS LMFT

**Co-Parenting 101: Helping Your Kids Thrive in Two Households after Divorce**

Deesha Philyaw & Michael D. Thomas

**The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults through Divorce or Separation**

Karen Bonnell & Kristin Little



**Two Homes, One Childhood**

Robert E. Emery, PhD

**Cooperative Co-Parenting for Secure Kids: The Attachment Theory Guide to Raising Kids in Two Homes**

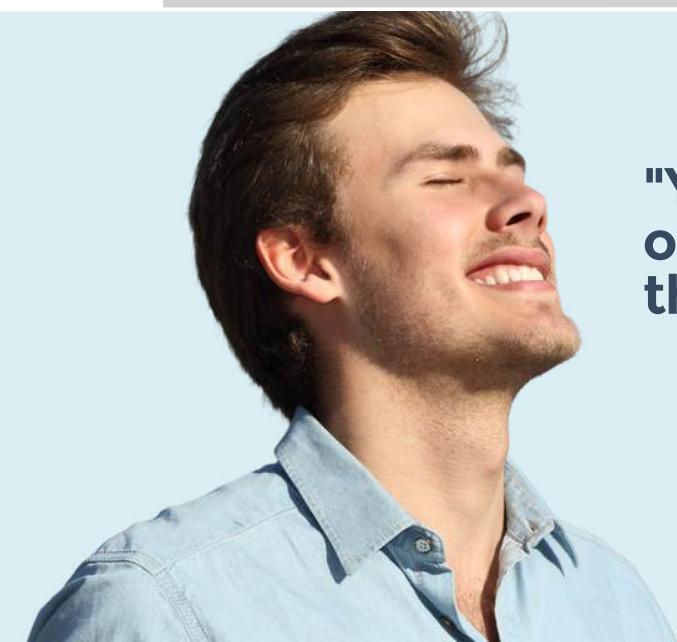
Aurisha Smolarski

**Nesting After Divorce: Co-Parenting in the Family Home**

Beth Behrendt

**The Parallel Parenting Solution: Eliminate Conflict With Your Ex, Create The Life You Want (The Family Court Solutions Series)**

Carl Knickerbocker JD



**"You cannot start a new chapter of your life if you keep rereading the last one."**

*Michael McMillian*

## resources for moving on - books

**Didn't See That Coming: Putting Life Back Together When Your World Falls Apart**  
Rachel Hollis

**The Divorce Ritual: Get Up, Get Out, and Get On With Your Life**  
Lois G. Tarter

**Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You**  
Susan J Elliott

**How to Survive the Loss of a Love**  
Peter McWilliams

**Something Gained: 7 Shifts to Be Stronger, Smarter & Happier After Divorce**  
Deb Purdy

**It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand**  
Megan Devine

**This Is Me Letting You Go**  
Heidi Priebe

**Why Won't You Apologize? Healing Big Betrayals and Everyday Hurts**  
Harriet Lerner, PhD

**Crazy Time: Surviving Divorce and Building a New Life, Third Edition**  
Abigail Trafford

# HELP FOR CO-PARENTS

## FREE Co-parenting Apps

Available for iOS and Android

### Truece [truece.com](https://truece.com)

Truece provides a full set of tools to help you manage the details of co-parenting; use it to track custody, record expenses, manage your family calendar, keep a parenting journal, and more. Generate court-admissible reports to share with your legal team or to keep for your personal records.

### AppClose [appclose.com](https://appclose.com)

An app designed to help co-parents connect, share, and manage their parenting responsibilities. Offers a wide array of tools and services.

### Talking Parents [talkingparents.com](https://talkingparents.com)

A free replacement for email, text, and other means of electronic communications. Talking Parents keep an accurate record of all communications between parents including when communications are sent, read, and when parents sign in and out.

Also assures parents cannot alter or change anything that has been said.

Service can also be court ordered and is especially helpful for cases involving domestic violence or high conflict.



### pro co-parenting tip

**Be sure to research free co-parenting apps before using them. Some free services may sell your data.**

## Home Sweet Homes Journals

A one-of-a-kind tool that empowers kids of divorce to process big feelings, better navigate, and share their two-home experiences in a safe and loving way.

A beautiful option for kids and their parents to share milestones, celebrate achievements, and still feel like a family.

[homesweethomesjournal.com](https://homesweethomesjournal.com)

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from the SPLIT Outreach Project

# TWO FILMS ABOUT DIVORCE FOR CHILDREN, TEENS AND THEIR PARENTS.

## SPLIT: The EARLY Years

This touching and profound film shares the stories of 12 kids 6 to 12 years old whose parents split up. SPLIT provides a unique look at children's perspectives on divorce. Their wisdom, honesty, and humor give courage to other children and help parents to make better choices as they move through divorce.



 **WATCH TRAILER FOR  
SPLIT HERE**

## SPLIT UP: The TEEN Years

SPLIT UP follows the same 12 kids, ten years later, as they reflect on childhoods marked by divorce. This engaging and insightful sequel offers a practical and emotional roadmap for teens and young adults navigating divorce and a cautionary tale for divorcing parents.



**WATCH TRAILER FOR  
SPLIT UP HERE**

## NOW AVAILABLE TO STREAM ONLINE

Streaming includes introduction and guidance from divorce-parenting expert Christina McGhee, MSW



**GET INFORMATION ON HOW TO STREAM THESE FILMS AT**



**splitfilm.org**



**“ A RARELY SEEN TRUTH ”**

Arresting, provocative and illuminating.



**Gary Friedman | Center for Understanding Conflict**

# HELP FOR CO-PARENTS

## PAID Co-parenting Apps

Available for iOS and Android

Finding the right co-parenting app isn't about choosing the "perfect" tool — it's about finding the one that lightens your load. Each option here helps organize communication, schedules, or money in a slightly different way.

Start with the features that solves your biggest headache, and remember: the best app is the one you'll actually use.

### **Our Family Wizard | [ourfamilywizard.com](http://ourfamilywizard.com)**

Centralizes messaging, calendars, and expense tracking for co-parents in one secure space. Offers shareable, time-stamped records and professional access when needed. Featuring a new tone meter as well as a military discount. Court-approved in all 50 states.

### **2houses | [2houses.com](http://2houses.com)**

Helps co-parents organize schedules, messages, and shared expenses. Provides web and mobile access and allows both parents to manage information from a single account.

### **Fayr | [fayr.com](http://fayr.com)**

Includes a shared calendar, expense tracking, and reporting tools. Offers free basic use with optional paid upgrades for additional features.

### **Best Interest Co-Parenting App | [bestinterest.app](http://bestinterest.app)**

Powered by AI tools, this app is designed for high-conflict situations. It provides secure messaging while helping to de-escalate conflict and set healthy boundaries.

This app filters and neutralizes emotionally charged messages before you see them.



### **Onward | [onwardapp.com](http://onwardapp.com)**

Focuses on managing shared expenses. Let's parents log costs, upload receipts, and handle reimbursements through connected payment services



### **dcomply | [dcomply.com](http://dcomply.com)**

Simplifies financial exchanges between co-parents by letting you send, receive, and track payments and shared expenses in one place.

# RESOURCES FOR MANAGING CONFLICT

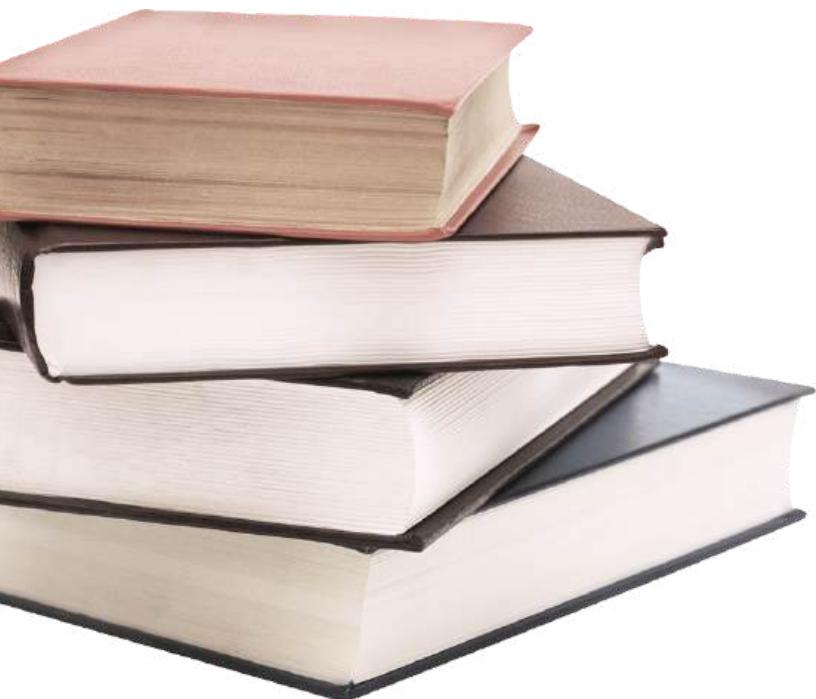
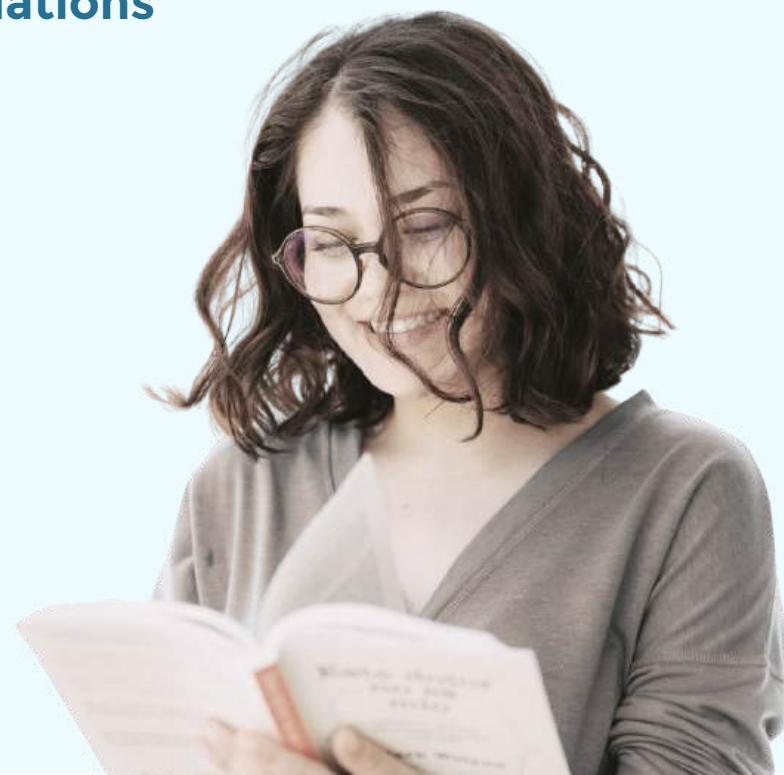
## books for high conflict situations

**BIFF for CoParent Communication: Your Guide to Difficult Texts, Emails, and Social Media Posts (BIFF Conflict Communication Series, 3)**  
Bill Eddy

**Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder**  
Bill Eddy

**Joint Custody with a Jerk : Raising a Child with an Uncooperative Ex- A Hands-on, Practical Guide to Communicating with a Difficult Ex-Spouse**

Julie A. Ross and Judy Corcoran



**The High-Conflict Custody Battle: Protect Yourself and Your Kids from a Toxic Divorce, False Accusations, and Parental Alienation**

Amy J. L. Baker PhD , J. Michael Bone PhD , and Brian Ludmer B Comm LLB

**Beyond Reason: Using Emotions as You Negotiate**

Roger Fisher and Daniel Shapiro

**My Ex Is Driving Me Crazy – 10 Strategies for Reclaiming Your Life After Divorce**

Aleta Koman and Edwards Myers

**Co-parenting with a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You**

Amy J.L. Baker & Paul R. Fine

# RESOURCES FOR MANAGING CONFLICT

## books for high conflict situations cont.

### **The High-Conflict Co-Parenting Survival Guide: Reclaim Your Life One Week at a Time**

Megan Hunter & Andrea LaRochelle  
(with contribution from Bill Eddy)

### **Co-Parenting with a Toxic Ex: Tips and Strategies to Set Boundaries, Cope With Parental Alienation, and Manage Conflicts Without Losing Your Mind**

Tiffany Austin

### **Co-Parent Like a Pro: The Definitive Guide for Divorced or Separated Parents**

Annette Burns & Nicole Siqueiros-Stoutner

### **Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed**

Wendy T. Behary LCSW, Daniel J. Siegel MD, Jeffrey Young PhD

### **Adult Survivors of Toxic Family Members: Tools to Maintain Boundaries, Deal with Criticism, and Heal from Shame After Ties Have Been Cut**

Sherrie Campbell PhD, Wendy T. Behary LCSW

## high-conflict & alienation for children 8-12 yrs

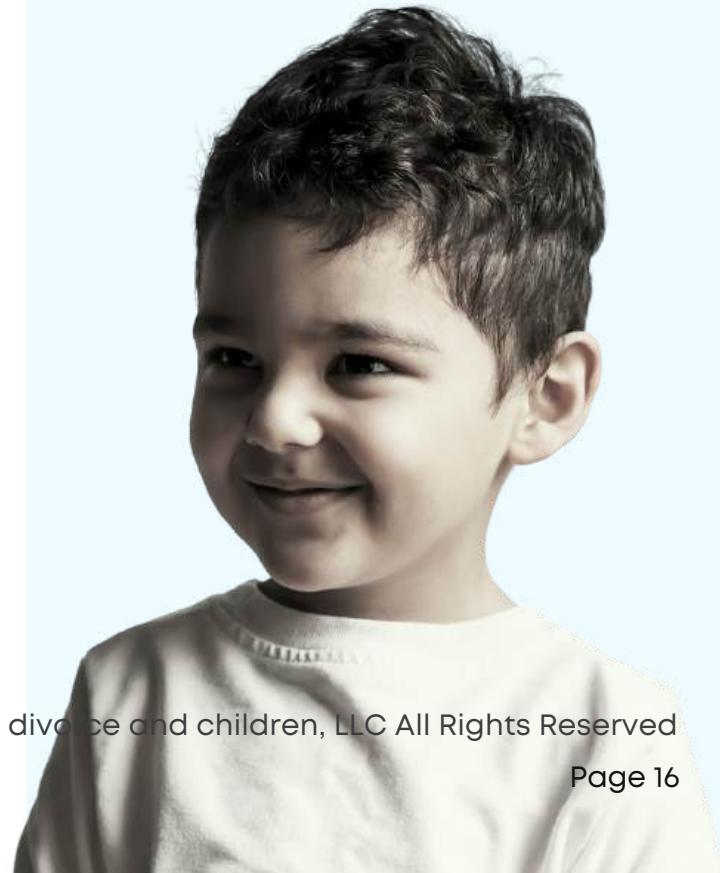
### **I Don't Want To Choose: How Middle School Kids Can Avoid Choosing One Parent Over The Other**

Amy J. L. Baker, PhD

Created for school-age children (8 to 12 years) this book offers children the tools they need to deal with the dilemma of being forced to choose one parent over the other.

Offering different scenarios where children might feel pressured, this resource helps children to identify their feelings and create possible solutions.

[amyjlbaker.com](http://amyjlbaker.com)



# RESOURCES FOR MANAGING CONFLICT



## online help for parents

**High Conflict Institute and New Way for Families Program**  
[highconflictinstitute.com/new-ways-for-families](http://highconflictinstitute.com/new-ways-for-families)

**High Conflict Co-Parenting Parenting Without Conflict**  
[onlineparentingprograms.com/online-classes/parenting-without-conflict-class.html](http://onlineparentingprograms.com/online-classes/parenting-without-conflict-class.html)

**Parent Alienation Awareness**  
[pawareness.com](http://pawareness.com)

**Parent Alienation Awareness Organization USA**  
[paaousa.org](http://paaousa.org)

## alienation resources

### books

**Divorce Poison, Protecting the Parent-Child Bond from a Vindictive Ex**  
Richard A. Warshak, PhD

**Divorce Casualties, second edition**  
Douglas Darnell

**A Family's Heartbreak: A Parent's Introduction to Parental Alienation**  
Michael Jeffries |  
[afamilysheartbreak.com](http://afamilysheartbreak.com)

**Breaking the Tie that Binds**  
Amy J. L. Baker, PhD

**Surviving Parental Alienation, a Journey of Hope and Healing**  
Amy J. L. Baker, PhD

**Abandoned Parents: The Devil's Dilemma: The Causes and Consequences of Adult Children Abandoning Their Parents**  
Sharon A Wildely

**Done With The Crying: Help and Healing for Mothers of Estranged Adult Children**  
Sheri McGregor MA



# RESOURCES FOR MANAGING CONFLICT



## dvd program for teens & parents

### **Welcome Back Pluto | [warshak.com](http://warshak.com)**

Richard Warshak, PhD

A resource that sheds some much-needed light on the complex and often misunderstood topic of parent alienation. In a simple yet thorough manner, Dr. Warshak offers insight regarding the various ways alienation impacts parent-child relationships.

Identifying damaging behaviors from the subtle to the extreme, this DVD is filled with relatable examples, clear explanations and practical suggestions for addressing difficult problems.

A superb resource for teens, parents, and professionals Welcome Back Pluto is an absolute necessity for any divorced or separated parent struggling to maintain a loving and active relationship with their child.

## documentary

### **Erasing Family Documentary - [erasingfamily.org](http://erasingfamily.org)**

**ERASING FAMILY** investigates family bond obstruction from multiple perspectives: Children whose moms or dads have been erased from their lives and siblings who can't see each other. Part emotional roller coaster, part investigative exposé, we follow the money to expose why loving moms and dads are erased from their kid's lives by divorce courts.

**Free to watch on TUBI!**  
[tubitv.com/movies/528013/erasing\\_family](http://tubitv.com/movies/528013/erasing_family)





Divorce doesn't make you a bad parent.

It makes you a parent going through a bad time.

- **Worried that your kids will be devastated by divorce?**
- **Feeling trapped by a difficult co-parent who won't cooperate or communicate?**
- **Struggling with how to tell your kids you're splitting up?**
- **Wish you had someone you could talk to who could help you find the answers you're looking for?**

Feeling overwhelmed and unprepared for all the changes divorce throws your way is normal. However, that doesn't mean that your life or your children's lives have to be overshadowed by divorce.

Whether you are parenting on your own, recently separated, in the throes of getting a divorce, or years down the road, Christina can help you get the insight, strategies, and tools you need to get through this "bad" time.

**Want to help getting life back on track for you and your kids?**



**Click Here For a FREE 30-Minute Get To Know Christina Call**



# CO-PARENTING WITH A NARCISSIST

## books

### **Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed**

Wendy T. Behary LCSW

**CO-PARENTING WITH A NARCISSISTIC EX: How to Protect Your Child From a Toxic Parent & Start Healing From Emotional Abuse in Your Relationship. Tips & Tricks for Co-Parenting with a Narcissist**

Lara Carter

**CO-PARENTING NIGHTMARE: Effective Techniques To Raise Resilient Children and Protect Them From Emotional Abuse in Your Toxic Relationship with a Narcissistic Parent and Ex**

Lara Carter

### **Divorcing Your Narcissist: You Can't Make This Shit Up!**

Tracy Malone

You can find more videos from Tracy on her **YouTube channel: TRACY A. MALONE**. She offers a wealth of helpful information for co-parents dealing with this incredibly challenging situation.



[Tracy A Malone](#)

### **Divorcing a Narcissist: One Mom's Battle**

Tina Swithin

**Raising Resilient Children With a Borderline or Narcissistic Parent: Co-parenting in a Toxic Relationship Without Going Crazy to Protect & Thrive your Kids.**

Stephanie Evans



### **pro co-parenting tip**

While gaining a better understanding of your co-parent's toxic behavior can be helpful, take care not to become over-focused on diagnosing your co-parent.

Instead, pay attention to the behaviors you're seeing and learn about positive, healthy strategies for setting limits, shielding kids from conflict, and ensuring your children's safety.



# RESOURCES FOR BLENDED FAMILY LIFE

## books for adults

**Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family**  
Susan Wisdom and Jennifer Green

**The Smart Stepfamily Marriage: Keys to Success in the Blended Family**  
Ron L. Deal & David H. Olsen

**The Smart Stepfamily: Seven Steps to a Healthy Family**  
Ron L. Deal

**The Smart Stepdad: Steps to Help You Succeed**  
Ron L. Deal

**StepMonster: A New Look at Why Real Stepmothers Think, Feel, and Act the Way They Do**  
Wednesday Martin, Ph.D.

**The Happy Stepmother: Stay Sane, Empower Yourself, Thrive in Your New Family**  
Rachelle Katz

**Building Love Together in Blended Families: The 5 Love Languages and Becoming Stepfamily Smart**  
by Gary Chapman & Ron L Deal

**Preparing to Blend (Smart Stepfamily)**  
Ron L. Deal

**The Stepfamily Handbook: From Dating, to Getting Serious, to forming a "Blended Family"**  
Karen Bonnell, Patricia Papernow

**Building Love Together in Blended Families: The 5 Love Languages and Becoming Stepfamily Smart**  
Gary Chapman, Ron L Deal



## magazine

**Step Mom Magazine**  
[stepmommag.com](http://stepmommag.com)

Because even when it's good, it's complicated.

An online magazine offering monthly articles from step-family experts to help inform, guide, and support stepmoms every step of the way.

# RESOURCES FOR BLENDED FAMILY LIFE

## books for kids

### **The Family Book**

by Todd Parr

For ages 3-6 years old

### **My Bonus Mom! Taking the Step Out of Stepmom**

by Tami Butcher & Feras Nouf (Illustrator)

For kids 10 and under

### **Do You Sing Twinkle? A Story About Remarriage and New Family**

by Sandra Levins (Author), Bryan Langdo (Illustrator)

For ages 4-8 years old

### **Families Families Families**

by Suzanne Lang

For ages 3-7 years old

### **A New Special Friend**

by Tamar Burris

For ages 4-8 years old

### **Blended**

by Sharon M. Draper

For ages 8-12 years old

### **Cat Dog Dog: The Story of a Blended Family**

by Nelly Buchet (Author), Andrea Zuill (Illustrator)

For ages 3-5 years old

### **Life with My Family**

by Renee Hooker (Author), Karl Jones (Author), Kathryn Durst (Illustrator)

For ages 3-7 years old

### **The Thing About Leftovers**

by C.C. Payne

For ages 10 years old and up

### **The List of Things That Will Not Change**

by Rebecca Stead

For ages 8-12 years old

### **Macy McMillan and the Rainbow Goddess**

by Shari Green

For ages 8-12 years old

## PODCASTS ABOUT DIVORCE

# PODCAST

interviews with Christina

If reading feels like too much right now,  
try listening instead.

I've curated a list of some of the best conversations I've had with top-notch podcasters. You'll find honest, practical guidance that speaks to the real-life challenges you're facing right now.



[divorceandchildren.com/podcast](http://divorceandchildren.com/podcast)



## Podcasts Worth Your Time



**The Divorce and Beyond Podcast**  
Susan Guthrie



**The Divorce Survival Guide**  
Kate Anthony



**Children First Family Law**  
Hosted by Family Lawyer Krista Nash



**The Divorce Podcast**  
Kate Daly



**Coparenting Beyond Conflict**  
Sol Kennedy

# about Christina McGhee

coach • speaker • writer • hopeful cause fighter • occasional project junkie

**Christina McGhee**, MSW, is an internationally recognized divorce parenting expert, speaker, and author of the critically acclaimed book, *PARENTING APART: How separated and divorced parents can raise happy and secure kids*, and the founder of [divorceandchildren.com](http://divorceandchildren.com).

Christina adamantly believes divorce doesn't have to equal devastation for families. While it is undeniably hard, with the right kind of information and support, she feels parents have the ability to be a child's absolute best resource when families change.



Currently, she maintains a select coaching practice and is the lead trainer for [\*\*The Co-Parenting Specialist® Training Program\*\*](#), which teaches divorce professionals to use a child-centered approach in their work with divorcing parents.

Christina also serves as the Education and Training Director for the [\*\*SPLIT Outreach Project\*\*](#), a non-profit organization that created the documentary films **SPLIT: The EARLY Years** and **SPLIT UP: The TEEN Years**, two films about divorce for kids and their parents.

Whether training, coaching, or creating programs, Christina is passionate about disrupting the status quo, changing divorce for the better, and keeping the focus where it belongs... on kids.

She has been featured on television, radio, podcasts, and in print around the US and abroad. A few places you may have seen her are TODAY Parents, the BBC, NBC News Daily, CBS, The Times, CHANNEL 4, and Parents Magazine.

Christina and her husband live outside Houston, Texas, and are the proud parents of four "adultish" children (two bonus, two bio.) When she's not busy restoring order to the universe, Christina spends her time taking in sunsets, searching for the perfect cup of coffee, and ordering more books than she can possibly read.

**“It’s not only children who grow.  
Parents do, too.**

**As much as we watch to see what our children  
do with their lives, they are watching us to see  
what we do with ours.**

**I can’t tell my children to  
reach for the sun.**

**All I can do is reach for it  
myself.”**

Joyce Maynard





**helping good parents get through a bad time**

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