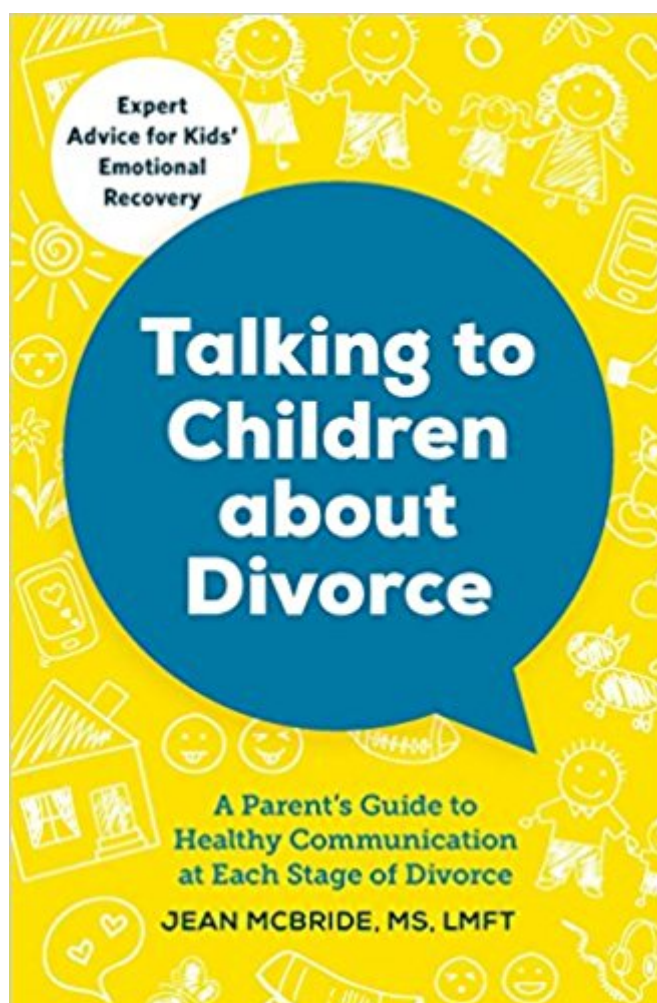


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# Talking To Children About Divorce: A Parent's Guide To Healthy Communication At Each Stage Of Divorce



## Synopsis

Marriage and family therapist Jean McBride has helped over 20,000 families navigate divorce. Now she shares her expertise with an in-depth guide to discussing divorce with your kids so you can support your child's adjustment throughout the entire divorce process. In *Talking to Children About Divorce*, Jean McBride provides you with the tools and encouragement to effectively communicate with your child about divorce. McBride brings her more than twenty-five years of specializing in divorce to guide you through crucial but difficult conversations and cultivate an environment of love and support throughout the divorce process. You'll learn how to have honest conversations about different situations and emotions that may arise during divorce from breaking the news to understanding resistance. Whether you're beginning the divorce process, or have been working through it for a while, *Talking to Children About Divorce* offers practical advice that will contribute positively to your child's emotional wellbeing. Learn to initiate open communication, with: Concrete actions to help your children weather the emotions of divorce. Useful scripts to guide you through a variety of situations throughout the divorce process. Simple steps to improve communication, both with your former spouse and with your children. 10 tips to maintain co-parenting success and promote healthy, happy, well-adjusted children.

## Book Information

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## Customer Reviews

"Jean McBride has created an excellent resource for parents coping with the challenges of divorce and parenting. Reflecting her oft-used suggestion in the book to *gently* and

compassionately approach various situations, McBride models this method beautifully, using a gentle approach with compassionate understanding for parents in an extremely difficult situation. McBride has created a step-by-step manual with concrete, scripted examples of how to approach children and what to say for a comprehensive array of issues. She has spot-on observations, while integrating information about normal child development with the needs and processes of divorce. Know that I will highly recommend this book to all of my clients confronting divorce."- Rebecca Jedel, PhD, Licensed Clinical Psychologist

"Parents searching for a resource to help them effectively communicate with children about divorce will find Talking to Children About Divorce an excellent choice. Jean McBride's years of experience as a therapist and divorce educator underlies her caring and knowledgeable approach to offering insights, clear recommendations, and meaningful examples of good communication. She takes a positive approach to the key issues and common questions that both parents and children have about this important change, encouraging parents to focus on what's best for children. This book is long overdue." - Kay Pasley, EdD, Professor Emerita, Family and Child Sciences, Florida State University

"This is a great guide for parents going through a divorce or for those who have already been divorced and are struggling to communicate with children having trouble with the transition. The real-life examples and simple tips make it easy to put the book into action. Research is showing that children from divorced homes can grow up to be just as happy, healthy, and successful as children who grow up in two-parent homes as long as they receive some additional support, and this book offers ways to give them that."- Karen Becker, Life Coach and Author of Co-Parenting When Your Ex Won't

Jean McBride is a licensed private practice marriage and family therapist in Fort Collins, Colorado. She has worked with families dealing with divorce and remarriage for over 25 years. She is the president of Divorce Transitions, where she has developed curriculum and taught court-ordered parenting classes to over 20,000 divorcing parents. She is the author of Encouraging Words for New Stepmothers and the online course Are You Ready to Remarry?

My brother and his wife are currently going through a divorce and just recently moved out into their own houses. Of course there are 3 little girls, who for the most part understand, but at the same time, still wonder why mommy isn't at all events. I thought Talking to Children About Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce would be the perfect book for them. This book is about 140 pages long, with multiple chapters, for every age, and covering pretty

much anything you can think of. I think this is a great first step to help you talk to your children, without making them feel more confused and sad. Overall, a good book, and one I will use the next time my nieces are over to visit, along with letting my brother use it. I received this product at a discount in exchange for my honest opinion

Even though this book focus on Talking to Children About Divorce for parents that are seeking divorcees or are divorce, I feel that certain chapter are great for current married parents. Chapter one make sure to lay the foundation of communicating to your children. Which I believe plays a huge part in how a child may adapt to a parents separation. In this book the parents have to place their feelings on the back burn to create child center homes, something that is very selfless to do when feelings of hurt are involved. Thur out the book it provides insert that provided guidance. Things like 10 Ways to Succeed at Co-Parenting. Also this book help you use your family support and also provided way to make child the center of attention when the separation is going on. This book is a great read to provided guidance on ways to be a parent that truly listen to your child needs empathically and learn your child body language. If you need a guide for the way to present you and your spouse divorcing this book has it. This is great book for divorce parents and people that are co-parent that might not had a relationship. The hardest part of the book will be both parties reading the book an cooperating and using the book as a tool to put the children first before their feelings. Good Luck! I received this product for free in exchange for my honest and unbiased review."

This book is such an easy to understand guide to talking with children of all ages, infant through adolescent, about divorce and the childs special needs at different times of their lives. Jean has been a marriage and family therapist- specializing in divorce for over 25 yrs. and includes examples from real counseling sessions she has done. This book includes 8 chapters- Developing healthy communication, Getting Kids to Open up, Preparing for the talk, Having the talk, Childrens reactions and worries, Answering the tough questions, Responding to sticky situations, Looking forward. Divorce is a very confusing time for a child and this book will definitely make it easier discussing the situation with your child. I did receive this book at a discount for my unbiased, honest review.

Im not a parent. And I'm not married. And my parents divorced when I was 20. But I watched my best friend of 25 years get divorced and she has 5 kids. If this book had been around when she got divorced, I think things would have gone so differently. This is a great book. Kids are fragile yet resilient. Going about things the wrong way can really mess with their heads and jade them on

relationships. If you are going through a divorce or might be, this is the book for you. I received this book for free in exchange for my honest opinion.

I was very interested in this read because there are so many families being dismantled in our society & for various reasons. It's a tough pull to swallow and I wanted to see the different perspective of how to go about having a dialog with your kids when you can't imagine them understanding how or why mom & dad no longer love each other or even worse gabbing then think it's their fault. I felt the book gave some new insight and definitely shared some beneficial information & techniques to use when explaining divorce to young children. I hope I never have to use any of this advice but I definitely feel better equipped to do so if that time ever did come. I received this product at a significant discount for my unbiased review.

Though I'm not going through a divorce, I'm a parenting writer who plans to use this book as an article resource. It's full of information about talking to kids about divorce, smoothing the transition for kids, effective co-parenting, and more. There are sample conversations to help parents answer common questions kids have, as well as real stories about divorced families. There is also advice tailored to kids of various age groups. The book answers any question a divorcing parent may have, from when to have the talk about divorce to how to introduce a child to a new love interest. It's an excellent resource for any parent going through a divorce. I received this product for free in exchange for my honest and unbiased review.

While I do not have children or a spouse, I do have a child psychology background. This book was very informative and explained strategies in a way that wasn't condescending and wasn't full of so called psycho babble. Following the guidelines in this book will take a lot of work and forethought on the parents' parts as the first inclination is to do the exact opposite but this book really breaks down how to have a successful divorce when it comes to your children."I received this product at a discounted rate in exchange for my honest and unbiased review."

This book is great. It's an extremely difficult thing to talk about and this book talks about how to help your children through a time that can be extremely emotionally hard for them. Also, what I like about this book is that it has emotional support for the parents. It's easy to feel guilty for breaking up a home and many parents stay in miserable relationships because of it and this book definitely explains why people do that and how to have the most emotionally stable response to divorce for all

parties. I received this book at a discount for my honest unbiased review.

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