

PACT RECOMMENDED BOOKLIST

General parenting, communication and discipline

Borba, M., *Parents Do Make a Difference*. Hoboken: Jossey-Bass, 1999. A guide to raising self-confident, empathetic kids, with a breakdown of eight characteristics that lead to kids' success in life.

Briggs, D.C., *Your Child's Self-Esteem*. New York: Three Rivers Press, 1998. A classic book on raising an emotionally healthy child.

Faber, A., and E. Mazlish., *How to Talk so Kids will Listen and Listen so Kids Will Talk*. New York: Scribner, 2012. Classic book that makes clear how valuable parent-child communication is and how we can improve it.

Gottman, J., and J. DeClaire, *Raising an Emotionally Intelligent Child: The Heart of Parenting*: New York: Simon and Schuster. 1997. Psychologist provides expert advice in better understanding yourself as a parent and how best to support your child.

Hallowell, E., *When You Worry About the Child You Love: Emotional and Learning Problems in Children*. New York: Simon and Schuster, 1998. A psychiatrist explores the biological and genetic contributions to emotional and behavior problems of childhood.

Phelan, T., *1-2-3 Magic: Effective Discipline for Children 2-12*. Parentmagic, Inc. 2010. A simple approach to firm yet loving management of children.

Phelan, T., *Surviving your Adolescents: How to Manage-and Let Go of Your 13-18 Year olds*. Parentmagic, Inc, 1998. Practical guide for managing the teen years.

Talan, K., *Help Your Child or Teen Get Back on Track: What Parents and Professionals Can Do for Childhood Emotional and Behavioral Problems*. London: Jessica Kingsley Publishing, 2009. A child psychiatrist answers a range of parental concerns in the context of the drive towards healthy development.

Turecki, S., with L. Tonner, *The Difficult Child: Expanded and Revised Edition*. New York: Bantam, 2005. Children with difficult temperaments need different parenting approaches.

Webster-Stratton, C., *The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 3-8*. Boulder, CO, 2006. Solid advice to parents of younger children.

Wolf, A.E., *I'd Listen to My Parents if They'd Just Shut up: What to Say and Not Say When Parenting Teens*. New York: Harpercollins, 2011.

Divorce, co-parenting and single parenting

Ackerman, M., *Does Wednesday Mean Mom's House or Dad's House? Parenting Together While Living Apart*. Hoboken, NJ: Wiley, 2008. Keeping your eye on the child's needs in developing and making successful family time-sharing plans.

Ahrons, C., *The Good Divorce*. New York: Harpercollins, 1994. Sound suggestions for coping well with divorce, based on a research study of 200 parents.

Anderson, S., *The Journey from Abandonment to Healing*. New York: Berkeley, 2000. Promotes understanding of and advice for coping with the emotional experience of being left by another.

Bryan, M., *The Prodigal Father: Reuniting Fathers and Their Children*. New York: Clarkson Potter, 1997. Helping fathers and mothers resolve resentment and pain when families have been abandoned.

Clapp, G., *Divorce and New Beginnings: An Authoritative Guide to Recovery and Growth, Solo Parenting and Step Families*. New York: Wiley, 1992. Focus on building a new and successful life for yourself and your family after divorce.

Doss, B., *But... What About Me? (How It Feels To Be a Kid in Divorce) 2nd Edition*. Bookmark, 2000. Through a child's voice we learn about the emotional experience of living through parental divorce. May also be appropriate for some children.

Everett, C. and S.V. Everett, *Healthy Divorce: For Parents and Children--An Original, Clinically Proven Program for Working Through the Fourteen Stages of Separation, Divorce, and Remarriage*. San Francisco: Jossey Bass, 1998. A solid book with extensive advice, written by two well-respected leaders in the field of divorce counseling and mediation.

Fisher, B., and R. Alberti, *Rebuilding: When Your Relationship Ends, 3rd Edition*. Atascadero: Impact Publishers, 2005. Dealing with emotions and recovery following a divorce. Workbook and audio book also available.

Foust, L., *The Single Parent's Almanac: Real World Answers to Your Everyday Questions*. Rocklin: Prima Publishers, 1996. A comprehensive resource book.

Hetherington, M. with J. Kelly, *For Better or For Worse: Divorce Reconsidered*. New York: Norton, 2003. A prominent researcher explains how people can build success out of the stress and adversity of divorce.

Kalter, N., *Growing Up with Divorce*. New York: Free Press, w005. The divorce experience fore children at different ages and how to help them cope.

Klatt, W., *Live-away Dads: Staying a Part of your Children's Lives When They Aren't a Part of Your Home*. New York: Penguin, 1999. A practical and encouraging guide for fathers who want to make the best of their relationships with their children after a divorce or breakup.

Knox, D., and K. Leggett, *The Divorced Dad's Survival Book: How to Stay Connected with Your Kids*. De Capo, 2000. How the father-child relationship can survive and even strengthen after divorce.

Lyster, M., *Child Custody: Building Parenting Agreements That Work*. Berkeley: Nolo Press, 2003. A step-by-step guide to help even hostile couples work out agreements after separation.

Nelson, J., C. Erwin and C. Delzer, *Positive Discipline for Single Parents*, Rocklin: Prima Publishing, 1999. One of a clear and practical series on discipline.

Neuman, M.G., and P. Romanawski, *Helping Your Kids Cope with Divorce the Sandcastles Way*. New York: Times Books, 1998. Practical and positive guidance for parents of children of all ages.

Newman, G., *101 Ways to be a Long-Distance Super Dad...or Mom, Too!* New York: Robert Reed, 2006. Keeping the connection with children when living apart from them.
Oberlin, L.H., *Surviving separation and divorce*. Adams Media, 2005. Written for women facing an unwished for separation/divorce.

Oberlin, L.H., *Surviving separation and divorce*. Adams Media, 2005. Written for women facing an unwished for separation/divorce.

Ricci, I., *Mom's House, Dad's House: Making Two Homes for Your Child*. New York: MacMillan, 1997. A well respected guide.

Robboy, A.W., *Aftermarriage: The Myth of Divorce, Unspoken Marriage Agreements And Their Impact on Divorce*. Indianapolis: Alpha Books, 2002. An attorney's guide to understanding the psychological and emotional dynamics of marriage and divorce.

Rothschild, G., *Dear Mom and Dad: What Kids of Divorce Really Want to Say to Their Parents*. New York: Pocket Books, 1999. A popular and helpful book with a focus on children and their emotional needs during and after divorce.

Scheider, M. and J. Zuckerberg, *Difficult Questions Kids Ask and Are Afraid to Ask About Divorce*. Touchstone, 1996. A good guide to children's thoughts and feelings at different ages.

Shulman, D., *Co-Parenting After Divorce: How to Raise Happy, Healthy Children in Two-Home Families*. Winnspeed Press, 1996. Short: clear and practical information.

Teyber, E., *Helping Children Cope With Divorce*. San Francisco: Jossey-Bass Publishers, 2001. Named one of ten best parenting books by Child Magazine.

Thomas, S., *Parents Are Forever*. Scottsdale: Springboard Press, 2004. A guide to successful co-parenting.

Wallerstein, J., and S. Blackslee, *Second Chances*. Boston: Mariner Press, 2004. Ten-year follow-up on impact of divorce on children and families (see below).

Wallerstein, J., and J. Kelley, *Surviving the Break-Up: How Children and Parents Cope with Divorce*. New York: Basic Books, 1996. A landmark study of the effects of divorce on families.

Webb, S. and R. Ousky, *The Collaborative Way to Divorce*. Plume, 2007. Focus on conducting divorce in cooperative and collaborative manner to reduce stress on children.

Wolf, A.E., *Why Did You Have to Get A Divorce? And Why Can't I get a Hamster?: A guide to Parenting Through Divorce*. New York: Farrar, Strauss and Giroux, 1998. Positive and practical guide for parents.

Conflict Resolution in Divorce

Baris, M., and C. Garrity, *Caught in the Middle: Protecting Children of High-Conflict Divorce*. Lexington, MA: Jossey Bass, 1997. Explores the causes and consequences of high-level conflict between divorced parents, as well as its impact on children's development. Offers useful advice for getting back on track.

Blau, M., *Families Apart: Ten Keys to Successful Co-Parenting*. New York: Putnam, 1995. Communication, conflict resolution and coping with the events that continue to bring parents together after a divorce.

Evans, P., *The Verbally Abusive Relationship: How to Recognize it and How to Respond*. Cincinnati: Adams Media, 2010. A reissued best-seller with valuable advice for managing verbal abuse.

Friedman, G., *A Guide to Divorce Mediation: How to Reach a Fair, Legal Settlement at a Fraction of the Cost*. New York: Workman Publishing Company, 1993. The author, an experienced attorney/mediator, gives insight into and advice for the mediation process.

Garber, B.D., *Keeping Kids out of the Middle: Child-Centered Parenting in the Midst of Conflict, Separation, and Divorce*. Deerfield Beach, FL: HCI, 2008. Highly practical advice on keeping the focus on children while undergoing parental conflict.

Kline, I. and S. Pew, *For the Sake of the Children: How to Share Your Children with Your Ex-Spouse in Spite of Your Anger*. Rocklin, CA: Prima, 2000. A divorced parent gives advice on protecting children from adult anger and resentments.

MacKay, M., *Calming the Family Storm: Anger Management for Moms, Dads, and All the Kids*. Atascadero, CA: Impact Publishers, 2004. Explores the effect of parental anger on developing children, along with practical advice for changing family patterns.

Stahl, P.M., *Parenting after Divorce: Resolving Conflicts and Meeting Your Child's Needs*. Atascadero, CA: Impact Publishers, 2007. An experienced psychologist offers down to earth and practical advice for co-parenting after divorce. Talia, M.S., *How to Avoid the Divorce from Hell—and Dance Together at Your Daughter's Wedding*. San Ramon, CA: Nexus, 2004. Practical advice for managing the not so easy divorce process while maintaining good parenting practices.

Warshak, R.A., *Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-mouthing and Brainwashing*. New York: William Morrow Paperbacks, 2010. Maintaining positive relationships with children in the face of their exposure to parental anger and bad-mouthing.

Remarriage and Step-Parenting

Einstein, E. and L. Albert, *Strengthening Your Stepfamily*. Atascadero, CA: Impact Publishing, 2005. Written by and for step-parents. Great cartoons

Gottman, J., *Why Marriages Succeed or Fail...In Addition, How You Can Make Yours Last*. Fireside, 1995. Well-liked by many couples.

Hendrix, H., *Getting the Love You Want: A Guide for Couples*. New York: Holt, 2007. A best-selling book that explains how we unconsciously choose our mates and how to make our relationships conscious and successful.

Lofas, J., *Family Rules: Helping Stepfamilies and Single Parents Build Happy Homes*. New York: Kensington, 1998. Practical advice for establishing house rules and expectations after divorce or separation.

Newman, M., *Stepfamily Realities: How to Overcome Difficulties and Have a Happy Family*. New Harbinger Publications, 1994. Practical advice for identifying and solving common step- and blended family issues.

Penton, John and S. Welsh, *Yours, Mine and Hours: Relationship Skills for Blended Families, 2007*. Guiding your family through emotional adjustments to new siblings, parents, and family dynamics.

Thomas, S., *Two Happy Homes: A Working Guide for Parents & Stepparents After Divorce and Remarriage*, 2005. Advice on introducing a new partner to your children and building strong family relationships.

Wisdom, S. and J. Green, *Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Family*. New York: Three Rivers Press, 2002. Authors discuss the challenges of "step-coupling" as remarried parents engage in the process of establishing and maintaining a new family.

Young Children (3-7)

Abercrombie, B. and M. Graham, *Charlie Anderson*, New York: Margaret K. McElderry Books, 1995. A cat lives with one family during the day and another at night. The children who own him realize that both they and the cat have "two houses, two beds, two families who love" them.

Abney, J., *Anaiya Lives with Daddy; Anaiya Visits Mommy*, OK: Tate Publishing, 2009. An African-American child moves from her mother's to her father's home, learning that parents do not have to be married in order to love and care for their child.

Asurel, C. and Denton, K., *Two Homes*. Somerville, MA: Candlewick Press, 2003. This gently reassuring text focuses on what is gained rather than lost when parents divorce. Sensitive illustrations depict two unique homes in all their small details, firmly stabilizing the child's place in both of them.

Bunting, E. and Papp, L., *My Mom's Wedding*. Ann Arbor: Sleeping Bear Press, 2011. Seven-year-old Pinky reflects upon her relationships with her faraway father and soon-to-be stepfather. Pinky secretly hopes her parents will get back together, but eventually realizes that she is happy for her mother and stepfather.

Coffelt, N., *Fred Stays with Me!* New York: Little, Brown and Co, 2007. Highlights the importance of bringing loved objects back and forth between two homes, and emphasizes the things that remain the same: school, friends and the constancy of a beloved dog.

Hickman, A., *Robert Lives with his Grandparents*. Park Ridge, IL: Albert Whitman and Co, 1995. An African-American school-age boy's father has disappeared. His mother uses drugs and he lives with his grandparents. He learns he is not the only child unable to live with his biological parents, and finds comfort in that fact.

Lansky, V., *It's Not Your Fault, Koko Bear*, Minneapolis: Book Peddlers, 1997. Deals directly with children's painful feelings and portrays sensitive, hopeful parental responses. Provides special information for parents.

Levine, S and Langdo, B. *Do You Sing Twinkle?: A Story About Remarriage and New Family*. Washington, D.C.: Magination Press, 2009. A boy misses his mother and resents his new step-sisters. With sensitivity, his parents help him understand his feelings and adjust to the changes in his life.

Levins, S., *Was It The Chocolate Pudding?* Washington, DC: Magination Press, 2006. Told from the perspective of a young boy living with his single father and brother, divorce is explained with an emphasis on the fact that it is not the child's fault.

Lindsay, J., *Do I Have a Daddy? A Story About a Single-Parent Child*, Buena Vista, CA: Morning Glory Press, 1999. A child of never-married parents asks about his father. Good advice for parents, too. Also available in Spanish.

Moore-Malinos, J., *When My Parents Forgot How to be Friends*, New York: Barron's, 2005. This book shows a "best case" scenario of parents learning to protect their children from conflict.

Newman, L. and Hegel, A., *Saturday is Pattyday*. Chicago: New Victoria Publishers, 1993. A child feels the pain of his mothers' divorce. A "best case" scenario in which the two moms convey that "only grown-ups get divorced. Not kids." 3-8

Penn, A., *The Kissing Hand*, Washington, DC: Child and Family Press, 1993. Chester Raccoon misses his mother when it's time to go to school. A comforting book for any child missing one parent while spending time with the other.

Reilly, N and Pease, B., *My Stick Family*, NJ: New Horizon Press, 2002. Billy learns that just because his parents are divorced and live in separate homes, it doesn't mean he's lost the strength and love of his family.

Picard, M., *Divorce and the Unbroken Circle of Love*, UT: Cedar Fort, 2006. Children come to understand that divorce does not mean the end of love and family.

Ransom, J., *I Don't Want to Talk About It*, Washington, DC: Magination Press, 2000. A young girl imagines herself to be an animal that can express a range of emotions.

Rubin, J., *My Mom and Dad Don't Live Together Anymore*, Washington, DC: Magination Press, 2002. A journal and drawing book for children whose parents have separated or divorced.

Schmitz, T., *Standing On My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce*, New York: Price, Stern, Sloan, 2008. A boy makes a good adjustment to his parents' two homes.

Spelman, C., *Mama and Daddy Bear's Divorce*, Park Ridge, IL: Albert Whitman & Co, 1998. A strong little girl learns to accept a mix of feelings as her parents divorce.

Thomas, P., *My Family's Changing*, New York: Barrons, 1999. Guide to the range of emotions a young child might have, with helpful guide for parents. Does not discuss remarriage or step-families.

Wyeth, S.D., *Always my Dad*. Scholastic, 1998. An African American girl misses her father. 5-7

Elementary School Children (8-12)

Alvarez, J., *How Tia Lola Came to (Visit) Stay*. New York: Random House, 2002. A grandmother from the Dominican Republic comes to stay with a nine-year-old boy and his younger sister after their parents divorce and the family has moved. 8+

Boy, C. *Chevrolet Saturdays*. New York: Puffin Books, 1995. An African-American boy deals with a new stepfather who is reaching out to him. 8+

Brown, M. and L. Krasny, *Dinosaurs Divorce*. New York: Little Brown and Co, 1986. Cartoon format: how children may feel about many aspects of divorce, dating and remarriage. 6+

Byars, B., *The Pinballs*. Scholastic, 1986. A wise and charming story of three children in foster care. 10+

Christopher, M., *The Comeback Challenge*. Boston: Little Brown, 1996. A young soccer player struggles with his anger about his parents' divorce while living with grandparents. 10-13

Cleary, B., *Dear Mr. Henshaw*. New York: Harper Trophy, 2000. A Newbery Medal winner. In his correspondence with an author, a young boy reveals changes in his family and his father's absence.

Codell, E.R., *Sahara Special*, New York: Hyperion, 2003. A clever fifth-grade girl misses her father and is labeled "special ed" at school. 9-11

Danziger, P., *You Can't Eat Your Chicken Pox, Amber Brown*. New York: Scholastic, 1995. *Amber Brown Goes Forth*, Scholastic, 1995. *Amber Brown Sees Red*, Putnam, 1997. In this series, a girl copes with her father's absence, her mother's new boyfriend, her mother remarrying, and father's return to town. Written with gentle humor. 7+

Davis, D., *Something is Wrong at my House*. Seattle: Parenting Press, 2010. Based on a true story, this 32-page book shows a child seeking, and finally obtaining, help in a domestic violence situation. 6+

Fine, A., *Step by Wicked Step*. Demco Media, 1997. Stranded in a haunted house at night, a group of five students reveal their stepfamily stories. 9+

Ford, M., Ford, S., Ford, A., Blackstone-Ford, J., *My Parents Are Divorced Too*. Washington, DC: Magination Press, 2nd Edition, 2006. Kids talk to kids about divorce, remarriage and stepfamilies. 8-13

Heegaard, M.E., *When Mom and Dad Separate: Children Can Learn to Cope with Grief from Divorce*. Woodland Press, 1996. Workbook allows children to put feelings into drawings when words are hard to find. 9+

Holyoke, N., *A Smart Girl's Guide to Her Parents' Divorce: How to Land on Your Feet When Your World Turns Upside Down*. Middletown, WI: American Girl Publishing, 2009. More answers to girls' letters on every aspect of divorce. Activities, questionnaires, and counseling on many topics. Ages 9-12

Holyoke, N., *Help! A Girl's Guide to Divorce and Stepfamilies*. Middleton, WI: Pleasant Company, 1999. Girls' letters written to *American Girl Magazine*, with helpful responses and appealing illustrations. Ages 9-12

Johnston, J., with C. Garrity, M. Baris and K. Breunig. *Through the Eyes of Children*. New York: Free Press, 1997. Experts in the field of divorce present animal stories with important messages that will appeal to the older child.

Krementz, J., *How It Feels When Parents Divorce*. New York: Knopf, 1988. See Adolescent section . 8+

MacGregor, C., *Jigsaw Puzzle Family: The Stepkids' Guide to Fitting It Together*. Atascadero, CA: Impact Publishing, 2005. Reassurance and advice for children in blended families. 10-14

McDonald, M., *Meet Julie*. Middleton, WI: American Girl Publishing, 2007. Well-adjusted ten year old adjusts to a move away from friends, her family home and her father in 1970's California. 8+

Moser, A., *Don't Fall Apart on Saturdays! The Children's Divorce-Survival Book*. Kansas City: Landmark Editions, 2000. Dr. Moser explains divorce to children. Good to read with your child as well. 9+

Moss, M., *Max Disaster #1: Alien Eraser to the Rescue*. Candlewick: 2009. Max and his zany adventures while coping with his parents' divorce. 8-12

Pickhardt, C., *The Case of the Scary Divorce*. Washington, DC: Magination Press, 1997. A mysterious investigator helps a boy cope with insecurity, sadness, and anger during his parents' divorce. Middle to high school

Prokop, M., *Divorce Happens to the Nicest Kids: A Self Help Book for Kids*. Alegrah House, 1996. Common misperceptions held by many children about divorce, concisely disproved by child psychologist. 6+

Ricci, I., *Mom's House Dad's House for Kids : Feeling at Home in One Home or Two* New York: Fireside, 2006. From popular author, how kids can stay strong and succeed in life when parents separate, divorce, or get married again. 9+

Swan-Jackson, A., *When Your Parents Split Up: How to Keep Yourself Together*. Price Stern Sloan, 1999. Experts answers teens' questions about divorce. Includes advice, questionnaires and activities, plus real-life interviews with teens who have been through the same situation. 9+

Verdick, E., *How to Take the Grrrr Out of Anger*. Minneapolis: Free Spirit Publishing, 2002. Helping children understand anger and learn how to manage it. 8+

Adolescents (13+)

Blume, J., *It's Not the End of the World*. New York: Delacorte Books for Young Readers (Reprint Edition), 2006. The typical and confusing emotions experienced during divorce are highlighted. 12+

Buscemi, K. *Split In Two: Keeping it Together When Your Parents Live Apart*. San Francisco: Zest Books, 2009. With edgy, modern, graphic novel feel, a valuable resource to help teens feel less crazed and confused, and more self-confident.

Casella-Kapusinski, L. *Now What Do I Do? A Guide to Help Teenagers with Their Parents' Separation or Divorce*. ACTA Publications, 2006. How to deal with feelings of guilt and anger, improve communication with parents, reexamine family ties, avoid the parental war zone, find comfort in faith and friends, and learn to forgive. (Christian orientation)

Danziger, P., *The Divorce Express*. New York: Puffin Press, Republished 2007. Shuttling between her divorced parents, Phoebe is on the "Divorce Express," a bus on which she spends too much time but where she also makes some startling discoveries.

Kimball, G., *How to Survive Your Parents' Divorce*. Chico, CA: Gayle Kimball, 1994. Kids and professionals share ideas for coping.

Kloepfler, M., *Hope's Beat: The Story of a Teenager, Her Stepmother, and a Rock Star*. Stephens Press, 2003. Fifteen year-old girl grapples with loss and fear for the future. 13+

Krementz, J., *How It Feels When Parents Divorce*. New York: Knopf, 1988. In this moving and comforting book, nineteen boys and girls, from seven to sixteen years old and from highly diverse backgrounds, share their deepest feelings about their parents' divorce

MacGregor, C. *The Divorce Helpbook for Teens*. Atascadero, CA: Impact Publishers, 2004. Warm and friendly guide, with vignettes, strategies, and solid advice.

Robinson, L. *Gateway*. New York: Laurel Leaf Books, 1998. Thirteen-year-old Mac is caught between her divorcing parents, their lawyers, and friends. With the help of two remarkable new friends, she takes charge in a surprising way.

Schab, L. *The Divorce Workbook for Teens: Activities to Help You Move Beyond the Break Up*. Oakland, CA: Instant Help, 2008. This workbook helps teens understand their feelings, cope with parental fighting, develop self-awareness and communication skills.

Schneider, M., *Difficult Questions Kids Ask and Are Afraid to Ask About Divorce*. New York: Touchstone, 1996. Question-and-answer format; helpful for teens and their parents.

Stern, Z. and Stern, E., *Divorce is Not The End of The World: Zoe's and Evan's Coping Guide for Kids*. Berkeley: Tricycle Press, Rev Ed, 2008. Ten years later, the authors revisit topics they first wrote about at ages 13 and 15 when their parents divorced.

Trueit, T. *Surviving Divorce: Teens Talk About What Hurts and What Helps*. CT: Children's Press, 2007. Personal stories and photos, frequent statistics and quizzes. 12+

Youngerman, B., *The Truth about Divorce*. Facts on File, 2010. A comprehensive A-Z guide to the facts and myths of divorce. Evenhanded treatment of sensitive topics.

The greatest gift you can give your children is to allow them to have a loving, satisfying relationship with both parents and not expose them to continued conflict and hostility.