

CO-PARENT BOOK CLUB



divorce | done | differently
mediation + collaboration = resolution

CO-PARENT BOOK CLUB

Our Favourite Books for Kids

Here are some of our favourites, We have included some special links for you to listen to the books too.



01

Max's Divorce Earthquake by Rachel Brace

When Max's parents tell him they are divorcing it feels like an earthquake. There are so many changes to deal with and a lot of big feelings. Follow Max as he begins to move and live between his two homes, learns about his emotions and adjusts to life after the 'divorce earthquake'.

Listen to Rachel read her book [HERE](#)

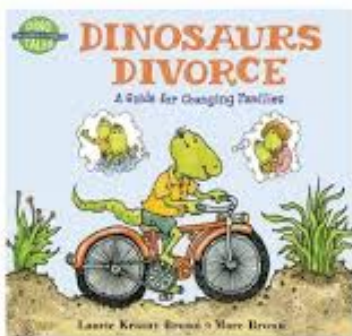


02

THE HUGE BAG OF WORRIES By Virginia Ironside

It is normal for children living in stepfamilies to have lots of different feelings and to feel different things at different times. Harriet's Expanding Heart follows a young girl's emotional experiences surrounding her father re-partnering and their stepfamily beginnings. This book offers children a chance to explore, name and understand the various feelings they might feel as a result of a parent re-partnering following divorce.

listen to me (Shelby Timmins) read this book [HERE](#)



03

DINOSAURS DIVORCE

For over 25 years, changing families have been using Dinosaurs Divorce to learn to talk to each other about one of life's most difficult moments, from the creators of the beloved, bestselling Dino Life Guides--over 1.5 million copies of the series sold. A comprehensive, sensitive guide for changing families, Dinosaurs Divorce helps readers understand what divorce means, why it happens, and how to best cope with everyone's feelings. Topics covered in the book include: Divorce Words and What They Mean * Why Parents Divorce * After the Divorce * Living with One Parent * Visiting Your Parent * Having Two Homes * Celebrating Holidays and Special Occasions * Telling Your Friends * Meeting Parents' New Friends * Living with Stepparents * Having Stepsiblings

listen to an interview with the author [HERE](#)



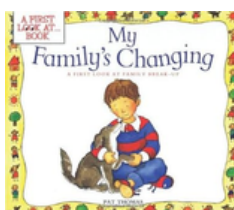
CO-PARENT BOOK CLUB

Books for Kids

If you are looking for suggestions for children's books that offer a healthy perspective on family separation we have you covered.

Books for kids:

- Max's Divorce Earthquake (2019) by Rachel Brace
- Harriet's Expanding Heart by Rachel Brace
- Mum and Dad Glue (2010) by Kes Gray
- Two Homes (2013) by Claire Masurel
- Two of Everything (2000) by Babette Cole
- Was it the Chocolate Pudding? A Story for Little Kids About Divorce (2005) by Sandra Levins
- Skimming Stones: A Story about Overcoming a Family Breakdown (2007) by Steve Heron
- Sam's Sunday Dad (1999) by Margaret Wild
- My Family's Changing (1999) by Pat Thomas
- I Will Always Love You – Helping Kids Cope With Divorce and Separation by Aya Alasbali
- The Day the Sea Went Out and Never Came Back (2003) by Margot Sunderland
- Mom's House, Dad's house: Making two homes for your child (1997) Isolina Ricci Ph.D.



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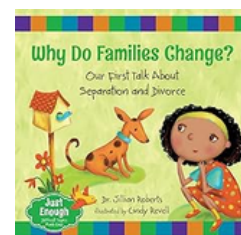
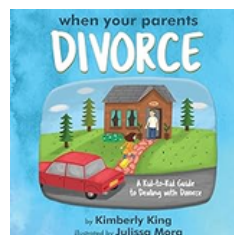
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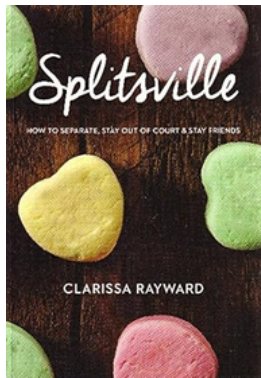
- Milly's Airport Parents by Rachel Brace
- When Your Parents' Divorce: A Kid-To-Kid Guide to Dealing with Divorce (2013) by Kimberly King
- Why Do Families Change? By Dr Jillian Roberts
- The Mending Chronicles of Liam and Emily A Divorce Recovery Journey for Kids (2019) by Natalie Knox
- The Divorce Helpbook for Kids Rebuilding Books, for Divorce and Beyond (2001) by Cynthia Macgregor
- The Invisible String (2014) by Patrice Karst (separation anxiety)
- The Family Forest (2015) by Kim Kane (blended families)
- The Family Book (2009) by Todd Parr (different family situations)
- Who's in my family: All about our families (2015) by Robie H. Harris (different family situations)



CO-PARENT BOOK CLUB

Our Favourite Books for Adults

Here are some of our favourites, We have included the links so you can read to your hearts content.



01

SPLITSVILLE - How to Separate, Stay out of cCourt and Stay Friends by Clarissa Rayward

Is a guide for you and your family to navigate the legal issues associated with your relationship breakdown and put you on the path to a successful future.

Written by specialist family lawyer, Clarissa Rayward, Splitsville arms you and your spouse with the information you need to negotiate sensible and sustainable agreements for your finances and your children.



02

THE SPLITS by Bron O'Loan

Kids know stuff. Sometimes they know more stuff than we realise. They listen, they watch, they are sponges. When a family separates, the kids are involved whether they like it or not. But how much involvement is too much? And where do you draw the line between explaining what is going on and oversharing? The Splits is not just a book about the important conversations you need to have with your kids about separation but also the conversations that should be left out.



03

BIFF for CoParent Communication: Your Guide to Difficult Texts, Emails, and Social Media Posts:

Use BIFF to Communicate with Your Ex's Blaming, Accusing and Taunting Texts and Emails

In divorce and co-parenting, not only do you need to deal with your own emotions, you may be faced with a daily barrage of hostile calls, texts, email, and social media blasts. How can you regain a sense of control and peace for your own sake and for the kids?



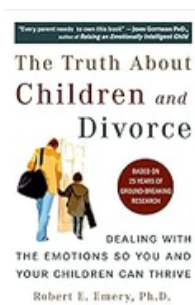
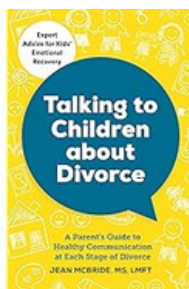
CO-PARENT BOOK CLUB

Books for Adults

If you are looking for suggestions for children's books that offer a healthy perspective on family separation we have you covered.

Books for Adults:

- Talking to Children About Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce: Expert Advice for Kids' Emotional Recovery (2016) by Jean McBride
- Shared Care or Divided Lives: What's Best for Children when Parents Separate (2008) by Phil Watts
- Divorce is Not the End of the World: Zoe & Evan's Coping Guide for Kids (2008) by Zoe Stern
- The Truth about Children and Divorce: Dealing with the Emotions so You and Your Children can Thrive (2006) by Robert Emery Ph.D.
- The Co-Parenting Handbook by Karen Bonnell
- Co-Parenting 101: Helping Your Kids Thrive in Two Households After Divorce (2013) by Deesha Philyaw and Michael D. Thomas
- Your Kids After Divorce, The Care Of Your Kids After Your Divorce (2017) By Steven Robbet
- Surviving Your Split (2017) by Lucy Mannering and Rebekah Mannering
- What About the Kids? Raising Your Children Before, During, and After Divorce (2003) by Judith Wallerstein
- Don't Divorce Us! Kids Advice to Divorcing Parents (2000) by Rita Sommers-Flanagan



CO-PARENT BOOK CLUB

PODCASTS

We know Podcasts aren't exactly books, but we thought some of you might love to listen to some helpful stuff about separation and divorce.

Below we have compiled a list of some of the ones we know of:



01

THE BEANSTALK PODCAST

Started in 2017 by single mum Lucy Good, the Beanstalk Podcast addresses all sorts of topics relating to single mum life. Her website Beanstalk Mums is a lifeline for many single mums across Australia and the podcast helps her reach more women in Australia. Episodes include 'Co-parenting with a passive aggressive ex', 'Changing your will: everything you need to know', and 'How to deal with difficult behaviour from children of divorce'.



02

THE SPLIT

The Split is a podcast launched in 2019 by Mama Mia and Westpac to support, inform and guide women through separation and divorce in Australia.

It's hosted by comedian and writer Mandy Nolan, who has herself been divorced twice and is a mother of 5.

Episodes include 'Starting Over', 'Who Gets What?' and 'When Things Get Nasty'.



03

THRIVE AFTER YOUR DIVORCE

Another Australian podcast about divorce is Thrive After Divorce By Tall Poppy Woman. Hosted by Dominique Bergel-Grant, founder of Tall Poppy Woman, this podcast aims to share real stories from women of what it takes to reclaim yourself and rebuild your life after separation and divorce. Episodes include 'Child-centred co-parenting', 'Surviving the first weeks after separation', and 'It is time to put yourself first'.



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04

DIVORCE STORY

Hosted by journalists Cassandra Thorburn and Annaliese Dent, Divorce Story launched in March 2020 and is a 12-week series on how to navigate separation and divorce. Cassandra experienced a high profile divorce from Karl Stefanovic in 2016 and has admitted in the podcast that she struggled in the aftermath for years. Episodes so far include 'Let's talk about money', 'Do I need a lawyer?', and 'Fleeing an abusive relationship'.



05

THE DIVORCE COURSE PODCAST

Run by a mother and daughter, their mission is to EDUCATE, EMPOWER and EQUIP you with the know how and support to confidently navigate your divorce. Their aim is to try make this difficult time for you just a little bit easier by taking away the fear of the unknown and supporting you so you never feel alone on this journey.

THE PODCAST YOU NEED



06

DIVORCE & BEYOND

If you are facing a break up, divorce or any other significant life change then the Divorce & Beyond® Podcast is what you have been looking for! It is American based but still very useful. In 2021 Susan launched her fresh and inspiring podcast, The Divorce & Beyond Podcast with Susan Guthrie, Esq. which debuted on iTunes "Top Podcasts" List for self-help podcasts and which is one of the Top 1.5 % of All Podcasts worldwide! Divorce & Beyond is focused on pulling back the curtain on the mysteries of the divorce process and bringing tips and resources to help people to thrive and shine in their new future beyond divorce.

