

<https://www.amazon.co.uk/Split-Survival-Kit-Parents-Separation-ebook/dp/B08WBVZ4ZZ>

Finding out that your parents are splitting up can feel scary and upsetting. It can also be hard to know who you can talk to about it. But you are NOT alone.

Psychologist Angharad Rudkin is here to guide you on this journey with 10 simple steps that will help you to feel calmer, stronger, confident and more positive about the future.

From acceptance and resilience, to communication and compassion towards other people, this book will help you tackle the tricky situations that a divorce can bring, and answer some of the questions going through your head.

With practical and positive tips, this book will show you that change is a tough journey, but with the rRobert Emery, Two Homes One Childhood but The Truth about Children and Divorce is also brilliant.ight survival kit, you *will* reach a happier destination!

<https://www.amazon.co.uk/Two-Homes-One-Childhood-Parenting/dp/1594634157>

A researcher, therapist, and mediator, Robert Emery, Ph.D., details a new approach to sharing custody with children in two homes. Huge numbers of children are affected by separation, divorce, cohabitation breakups, and childbearing outside of marriage. These children have two homes. But their parents have only one chance to protect their childhood. Building on his 2004 book The Truth About Children and Divorce and a strong evidence base, including his own research, Emery explains that a parenting plan that lasts a lifetime is one that grows and changes along with children s and families developing needs. Parents can and should work together to renegotiate schedules to best meet the changing needs of children from infancy through young adult life. Divided into chapters that address the specific needs of children as they grow up, Emery:

Introduces his Hierarchy of Children s Needs in Divorce

Provides specific advice for successful parenting, starting with infancy and reaching into emerging adulthood

Advocates for joint custody but notes that children do not count minutes and neither should parents

Highlights that there is only one "side" for parents to take in divorce: the children s side

Himself the father of five children, one from his first marriage, Emery brings a rare combination of personal and professional insight and guidance for every parent raising a child in two homes.

[Divorce Poison | Classic Guide to Overcoming Parental Alienation | Dr. Richard Warshak](#)

Divorce Poison: How to Protect Your Family from Bad-mouthing and Brainwashing

In this classic guide to preventing & overcoming parental alienation, Dr. Warshak helps parents shield children from the crossfire of divorce and separation.

But with twenty-five years of helping families, Dr. Richard Warshak is convinced that a passive approach just leaves parents feeling helpless. And the damage to children is considerable, particularly when warring parents enlist children as allies in the battle. The problems range from tainted parent-child relationships, in which children are disrespectful or reluctant to show their affection, to a disturbance in which children virtually disown one of their parents and all the relatives on that side of the family.