



Helping Children Through Divorce

Peter D. Axelrod,
J.D., M.Ed.
Family Law Attorney

177 N. Church Ave.
Tucson, AZ 85701
Phone 520.622.6075
Fax 520.743.7387

pdaxelrod@earthlink.net
www.axelrodlaw.com

WEB SITES:

Talking to children about divorce

www.netdoctor.co.uk/health_advice/facts/divorce.htm

Children's reactions to divorce according to their age

www.kidsinthemiddle.org

www.ext.nodak.edu/extpubs/yf/famsci/fs442w.htm

www.helpguide.org/mental/children_divorce.htm

A website for children with a variety of children focused topics.

www.kidsturncentral.com/topics/issues/divorce.htm

BOOKS:

Preschool and Beginning Readers:

How Do I Feel About My Parent's Divorce, Cole, J. (grades K-4). Four friends talk about their parents' breaking up, and give advice to other children. Entertainingly illustrated. Can be read by parents and children together.

Why Are We Getting Divorced, Mayle, P. (grades K-3). A book about divorce explaining what happens in marriage and divorce. For parents and children to read together.

Let's Talk About It: Divorce, Rogers, F. (grades Preschool-2). A picture book about what is lost and what remains the same when parent's divorce. For parents and children to read together.

Let's Talk About Your Parents' Divorce, Weitzman, E., (grades Preschool-1). A picture book explaining the facts of divorce in easy to understand language. For parents and children to read together.



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Elementary School Age (ages 8-12):

Divorce Is Not The End Of The World, Stern, Z. & Stern, E. Written by two kids (with the help of their mom) for other kids to help make sense of divorce. Includes many valuable suggestions for coping.

Adolescence (ages 12 and up):

How To Survive Your Parent's Divorce, Bolick, N. Interviews with young people who have gone through their parents' divorce.

Everything You Need To Know About Your Parents' Divorce, Johnson, L. A guide for teenagers to help understand what happens in divorce and the feelings that go along with it.

How It Feels When Parents Divorce, Krementz, J. Teens from divorce backgrounds share their deepest feelings about their parents' divorce.

Divorce Is Not The End Of The World, Stern, Z and Stern E. A teen brother and sister with divorced parents discuss divorce and offer tips based on their experience.