RESOURCES FOR YOUNGER KIDS OF DIVORCE

***ONSCREEN RESOURCES***

In my personal opinion, there are very few GREAT onscreen resources for divorce. This is because many divorced or separated families are depicted as one (or both) parents being highly dysfunctional AND/OR include the fairytale that parents get back together in the end. So, here are a few that don’t do this.

1. **Split: A Film for Kids of Divorce (And their Parents)**

This is a documentary interviewing kids of divorce from ages 6-12 (the teen version is in the works and currently available for preorder). It is heartbreaking and also heartwarming and includes NO adult interaction at all. It is just kids answering questions and discussing their feelings. As a divorced parent, it can be a difficult film to watch. But it is beautiful and has been helpful for a lot of kids because it tackles sensitive divorce topics from the mouths of children themselves.

Get it here: <http://www.splitfilm.org>

1. **Mrs. Doubtfire**

I know, I know. It is OLD! But it is still funny. And it is one of the only movies that handles divorce and has a "happy ending" that involves shared custody rather than parents getting back together.

Available: Streaming on Amazon Prime, Disney+, Apple TV, and probably a variety of others

1. **Motown Magic**

Have your younger kids watched this magical, musical TV show yet? The fourth episode of the 1st season ("My Girl") has a great storyline about a little girl who is upset that her dad moved out. It's very random, I know, but I am familiar with it because my son watched it and I loved the way they handled her emotions and dilemma!

Available: Netflix

***PRINT RESOURCES***

There are A LOT of books that reference divorce or include information about divorce for young children. If you ask around, you will get many recommendations, I am sure! Here are a few of my personal favorites. I like books that give accurate information but do NOT spend time on parents fighting or painting one or the other in a bad light. We know that fighting happens and that there are plenty of high-conflict divorce situations. If you need specific resources for this type of issue, please contact me [tamar@tamarburris.com](mailto:tamar@tamarburris.com) and I will suggest a few!

I also have most of these (and more!) books available in my online bookshop (<https://bookshop.org/shop/tamarburris-com>). For now, here goes…

1. **Standing on My Own Two Feet: A Child's Affirmation of Love Amidst Divorce** by Tamara Schmitz

This book reminds children that they are loved by both parents, NO MATTER WHAT.

1. **Fred Stays With Me** by Nancy Coffelt

This is a great introduction to a conversation about ways to help your children feel more comfortable traveling between homes. Fred is a dog who goes to both Mom and Dad’s homes along with his little girl. Might your child have a favorite stuffed animal or other special item that can help connect their two homes?

1. **Two Homes** by Claire Masurel

I love this book because it depicts BOTH Mom and Dad’s homes as special in their own ways. It can help remind insecure parents that even if your home isn’t as “awesome” in your mind as the other parent’s home, it is still a home full of love. And it helps children feel proud and excited about living in both places.

1. **Why Can't We Live Together? The Kid-Sized Answer to a King-Sized Question About Divorce** by Lucas Lovato and Madison Lovato

This book has wonderful, kid-friendly explanations about why parents no longer live together. It speaks directly to children with things like, Mom and Dad are like cheese pizza and mint chocolate chip ice cream – you love them both but eating them together … yuck!

1. **A Kid's Book About Divorce** by Ashley Simpo

Simpo engages readers with an honest opener to tough divorce conversations. It is written by a mother who is herself divorced as well as a product of divorce and reminds families that they are not alone and WILL get through this.

1. **A Little Spot of...** by Diane Alber

This is not actually a “divorce” book per se, nor is it one book. It is a series of books dealing with social emotional development. Each book tackles a different emotion such as anger, sadness, etc. The books help kids identify their emotions AND gives a concrete mindfulness exercise to help them deal with the emotions when they come up. Divorce comes with a host of emotions and these books are a great way to help address them all.

1. **The Invisible String** by Patrice Karst

The Invisible String reminds children (and all of us) that even if we are far apart, we remain connected with the ones we love through the love in our hearts. It is a gentle, tender way to address fear of distance and attachment. It is great for divorce conversations, but is also wonderful for discussing death/grief, loss, and separation over really any issue.

1. **A New Special Friend** by Tamar Burris

Well, I can’t not include my book on this list! A New Special Friend is NOT for the initial divorce conversation, however. It is meant to help families work through any possible emotions that arise when Mom/Dad start dating again. The book helps kids understand that any feelings they may have when this happens are okay and allows them permission to develop whatever relationship they may have with this new person in their lives free from guilt over how their other parent may feel.

1. **Percy’s Imperfectly Perfect Family** by Renée Bauer

Renée Bauer is a longtime divorce attorney and a divorced mother herself. Her book follows Percy, a perky little penguin, who learns that his parents are separating. This news makes Percy feel less perky, but over the course of the book he learns that talking about his feelings and fears helps him feel better. The sweet story touches some of the real fears that children often experience and reminds them that sharing their fears can help them face them.

1. **Home Sweet Homes Journal** by Fiona King

This isn’t a reading book; it is an interactive journal used by co-parented kids. It is a wonderful tool that children take back and forth between both homes. They can draw or write their experiences while with one parent and share them with the other. It also contains a planner to help children participate in their own schedules. And it provides positive affirmations for children and their parents to work on together. All in all, it’s a terrific resource to foster connectivity between two-homes and help everyone feel like they are still a family. (This one is available in limited places. To purchase visit: <https://www.homesweethomesjournal.com>)