

Kids Come First®

Separated Parent Support Workshops

CHILDREN'S BOOK LIST

Children of all ages can find it difficult to express their emotions so books are a great way to get them to open up and talk about their feelings. Here are some of our recommendations:

Fiction & Non-Fiction for 4-8 yr olds

- **Dinosaurs Divorce** by Laurene Krasny Brown and Marc Brown (1988)
- **Divorce is the Worst** by Anastasia Higginbotham (2015)
- **How To Talk To Your Kids About Separation** by Scott C. Docherty (2016)
- **I'm Falling To Bits** by Tedd Arnold (1998)
- **It's Not Your Fault, Koko Bear: A Read Together Book** by Vicki Lansky and Jane Prince (1998)
- **Living with Mum and Living with Dad** by Melanie Walsh (2012)
- **My Family's Changing: A First Look at Family Break Up** by Pat Thomas (2014)
- **Mum and Dad Glue** by Kes Gray and Lee Wildish (2010)
- **Questions and Feelings About: When parents separate** by Dawn Hewitt (2017)
- **The Huge Bag of Worries** by Virginia Ironside (2011)
- **The Invisible String** by Patrice Karst (2018)
- **Two of Everything** by Babette Cole (2000)
- **Was it the Chocolate Pudding?** by Sandra Levins and Bryan Langdo (2005)
- **When My Parents Forgot how to be Friends** by Jennifer Moore-Mallinos (2005)
- **You Make Your Parents Super Happy!** by Richy K. Chandler (2017)

Fiction & Non-Fiction for 8-11 year olds

- **Big & Little Questions (According to Wren Jo Byrd)** by Julie Bowe (2017)
- **Flora and Ulysses: The Illuminated Adventures** by Kate DiCamillo (2016)
- **I and the Great Divide (The Love Letter Series)** by Fiona McGlynn (2013)
- **My Wicked Stepmother** by Karen Langtree (2008)
- **The Divorce Express** by Paula Danziger (2007)
- **The Great Treehouse War** by Lisa Graff (2018)
- **The Secret Life of Lincoln Jones** by Wendelin Van Draanen (2018)

Fiction for ages 9–12 year olds

- **Goggle Eyes** by Anne Fine (1990)
- **It's Not the End of the World** by Judy Blume (2016)
- **My Messed-Up Life** by Susin Nielsen (2018)
- **Now What Do I Do? A Guide to Help Teenagers with Their Parents Separation or Divorce** by Lynne Cassella-Kapusinski (2006)
- **Split In Two: Keeping It Together When Your Parents Live Apart** by Karen Buscemi (2010)
- **Step by Wicked Step** by Anne Fine (1995)
- **The Suitcase Kid** by Jacqueline Wilson (2006) and **Clean Break** (2008)

Re-marriage and New Partners - Fiction

- **Do You Sing Twinkle? A Story about Remarriage and New Family** by Sandra Levins (2009)
- **My Wicked Stepmother** by Norman Leach and Jane Brown
- **The Visitors who Came to Stay** by Annelena McAfee and Anthony Brown (2000)

Re-marriage and New Partners - Non Fiction

- **Divorce & Separation: how to survive your parents' break up** by Matthew Whyman (1999)
- **Divorce is Not the End of the World** by Zoe Stern, Evan Stern and Ellen Sue Stern (2008)
- **Split in Two: Keeping it Together when your Parents Live Apart** by Karen Buscemi (2010)
- **The Love They Lost: Living with the legacy of our parents' divorce** by Stephanie Staal
- **Torn in Two: dealing with your parents' divorce** by Matthew Whyman (1997)
- **When your Parents get a Divorce: A Kid's Journal** by Ann Banks (1990)
- **When your Parents Split Up: How to keep yourself together** by Alys Swan Jackson, Joan Shapiro (1998)

For Parents

- **Caught In The Middle: Letter to my Divorced Parents'** by Benjamin D. Garber (2019)
- **The Guide for Separated Parents: Putting Children First** by Karen and Nick Woodall (2009)
- **Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids** by Christina McGhee (2011)
- **The Co-Parenting Handbook: Raising Well-Adjusted and Resilient Kids from Little Ones to Young Adults Through Divorce or Separation** by Karen Bonnell (2017)

For more books that help children explore their feelings why not check out this link:

<https://www.booktrust.org.uk/booklists/f/feelings/>