

WHERE CAN I LEARN MORE? RESOURCE LIST (Rev 8/08)¹

NOTE: A description of the content of these materials has been provided in some instances. If you have additional resources you think should be added to this list, please let us know:

Court Programs and Services Division
Office of the State Court Administrator
E-mail: sflac@ojd.state.or.us



BOOKS - FOR PRESCHOOLERS

A Day with Daddy, by Nikki Grimes

Bernard, by Bernard Waber. *Bernard the dog runs away while his owners argue about who will keep him when they break up.*

Dinosaur's Divorce, by Lawrence Brown. *Through a dinosaur family, the writer of the Arthur children's books explains divorce in a simple and straightforward way.*

Do I Have a Daddy?: A story About a Single-Parent Child, by Jeanne Lindsay & Jami Moffett

My Family Is Changing: A First Look at Family Breakup, by Pat Thomas

¹This is not a list of endorsed materials but merely suggestions for books, publications, web sites and organizations that may be helpful as resources. Various individuals contributed to the resource list. The specific content of the materials and web sites does not necessarily reflect the opinions of the Oregon Judicial Department or of the State Family Law Advisory Committee.

On the Day His Daddy Left, by Eric Dams

Sometimes A Family Has To Split Up, by J. Watson

Tots Are Non-Divorceable: A Workbook for Divorced Parents and Their Children, Ages Birth to Five Years, by Sara Bonkowski

Two Homes, by Claire Masurel

Was It the Chocolate Pudding?: A Story For Little Kids, by Sandra Levins & Bryon Langdo

When my Parents Forgot How to be Friends, by Jennifer Moore-Mallinos & Marta Fabrega



BOOKS - FOR ELEMENTARY AGED CHILDREN

Break Up: Facing Up to Divorce, by Gianni Padoan

Divorce Happens To The Nicest Kids, by M.D. Prokop

Divorce Is A Grown Up Problem, by Janet Stinberg

Families are Forever! Kids Workbook for Sharing Feelings About Divorce, by Melissa Smith. *An interactive workbook that encourages children to express their feelings (ages 4-8).*

How Does It Feel When Your Parents Get Divorced, by Terry Berger

I Don't Want to talk About It, by Jeanie Franz Ransom. *When a child's parents sit her down to tell her they are going to get divorced, she fantasizes about the different animals she will turn into to deal with it.*

I Have Two Families, by D. Herering

It's not Your Fault, Koko Bear, by Vicky Lansky. *A "read-together book" for parent and child.*

Mom and Dad Don't Live Together Any More, by K. Stinson

Mr. Rogers Talks With Families About Divorce, by Fred Rogers and Clair O'Brien

My Parents Still Love Me Even Though They are Getting A Divorce: An Interactive Tale for Children, by Lois Nightengale

The Divorce Helpbook for Kids, by Cynthia MacGregor

Why Don't We Live Together Anymore?: Understanding Divorce, by Carol Ackelmire.
From the "Comforting Little Hearts" Series. For ages 4-8

With My Mom, With My Dad, by Maribeth Boelts & Cheri Bladholm



BOOKS - FOR PRETEENS AND ADOLESCENTS

Billie's World, by Kim Grossman Finkel. *Eleven-year-old Billie deals with sixth grade, a crush on a boy, and the news of her parents' divorce in this novel for preteens.*

The Boys And Girls Book About Divorce, by R. Gardner. *Normalizing information and advice from a child psychiatrist for children going through divorce.*

Dear Mr. Henshaw, by Beverly Cleary. *A sixth grader deals with going to a new school, his parent's divorce and his desire to be a writer.*

Divorce Can Happen To The Nicest People, by Peter Mayle

The Divorce Express, by Paula Danziger. *Phoebe's life changes when her parents divorce and she spends time with her father far away from her home and boyfriend.*

Don't Fall Apart on Saturdays!: The children's Divorce Survival Book, by Adolph Moser

Help! A Girl's Guide to Divorce and Stepfamilies, by Nancy Holyoke

How Tia Lola Came to Stay, by Julia Alvarez. *Multicultural book that takes the reader along a boy's new life after his parents' divorce.*

How To Get It Together When Your Parents Divorce, by Arlene Richards and Irene Willis

It's Not The End Of The World, by Judy Blume. *Karen plans to get her father and mother back together so they can realize that divorce was a mistake.*

Mom's House, Dad's House for Kids, by Isolina Ricci

My Parents Are Divorced, Too, by Bonnie Robson

My Parents are Divorced Too: A Book for Kids by Kids, by Melanie Ford, Annie Steven & Jann Blackstone-Ford

My Parents are Getting a Divorce; How to Keep It Together When Your Mom and Dad are Splitting Up, by Florence Cadier, Melissa Daly & Claire Gandini

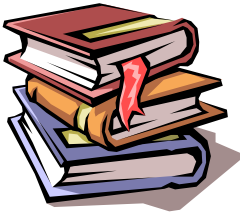
Pickles and Peanuts, by Martha Ivery. *Peanuts turns to her new friend Pickles to deal her feelings of abandonment, loss and being different from everyone else.*

The Bright Side: Surviving Your Parent's Divorce, by Max Sindell

The Kid's Guide To Divorce, by Brogan, Marden & Fawcett

The Divorce Helpbook for Teens, by Cynthia MacGregor

When Divorce Hits Home, by Thea Joselow and Beth Joselow. *Written by a daughter and mother about one teenager's experience with divorce and how she dealt with it.*



BOOKS - FOR ADULTS- GENERAL

Between Love and Hate: A Guide to a Civilized Divorce, by Lois Gold.

Offers guidance to those going through divorce on improving communication, effective negotiation, and conflict resolution. Covers legal, financial and emotional issues.

Caught in the Middle, by C. Garrity and M. Barris

Crazy Time, by Abigail Trafford. *A personal and academic account of the emotional and practical struggles of men and women going through divorce.*

Complete Idiot's Guide to Surviving Divorce, by Pamela Weintraub & Terry Hillman

Divorce: Preparing for Legal, Financial and Personal Decisions, by the Editors of Socrates

The Divorce Advisor, by Marcia Kline Pruitt.

Divorce and Money: How to Make the Best Financial Decisions During Divorce, by Violet Woodhouse & Dale Fetherling

Divorce And New Beginnings, by G. Clapp

Divorce Doesn't Have to Be That Way, by Jane Appell

The Divorce Organizer & Planner, by Brette McWhorter Sembre

For Better or Worse: Divorce Reconsidered, by Mavis Hetherington & John Kelly

Getting Apart Together: The Couples Guide to a Fair Divorce or Separation, Martin Kranitz

Getting Divorced Without Ruining Your Life, by S. Margulies

Going It Alone, by Robert Weiss

The Good Divorce, by Constance Ahrons. *Shows couples how they can move beyond breakup and learn to deal with the transition from a nuclear family to a "binuclear" family.*

How to Survive the Loss of a Love, by Melba Colgrove, Harold Bloomfield and Peter A. McWilliams.

Living Through Your Divorce, by Earl Grollman and Marjorie Sams

Nolo's Essential Guide to Divorce, by Emily Doskow

Rebuilding When Your Relationship Ends, by Bruce Fisher

The Smart Divorce, by Deborah Moskovich

Unofficial Guide to Getting a Divorce, by Russell Wild & Susan Wild

Untying The Knot, by Janine M. Bernard and Harold Hackney

You Can Keep the Damn China!, by Robert Nachshin & Jennifer Bright Reich

Your Divorce Advisor: A Lawyer and a Psychologist Guide You Through the Legal and Emotional Landscape of Divorce, by Diana Mercer (Fireside 2001)



BOOKS FOR ADULTS - PARENTING ISSUES AND PLANS

1-2-3 Magic: Effective Discipline for Children 2-12, by Thomas Phelan

Broken Hearts Healing: Young Poets Speak Out on Divorce, by Tom Worthen

But...What About Me! (How it Feels to be a Kid in Divorce), by Bonnie Doss

Child Custody: Building Parenting Agreements that Work (3rd Ed.), by Mimi E. Lyster [Nolo Press, Jan 2000].

The Children's Book, by Marilyn S. McKnight Erickson and Stephen K. Erickson. *A communication workbook for parents to use and pass back and forth as the children spend time in different homes. Includes places to record the schedule, activities, names, addresses and birthdays of friends and families, etc.*

Creating a Successful Parenting Plan, by Dr. A. Jayne Major

Cooperative Parenting and Divorce: A Parent Guide to Effective Co-parenting, by Susan Boyan & Ann Termini

Co-Parenting: Sharing Your Child Equally, by Miriam Galper

The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce, by Elizabeth Thayer

Custody Chaos, Personal Peace: Sharing Custody With an Ex Who is Driving You Crazy, by Jeffrey Wittman

The Custody Revolution: The Father Factor and the Motherhood Mystique, by Ricahrd Warshak

Does Wednesday Mean Mom's House or Dad's?, by Marc Ackerman

Divorce Book For Parents, by Vicki Lansky

The Divorce Decisions Workbook, by Margorie Louise Engel and Diana Delhi Gould. *A planning and action guide. Contains extensive forms for information-gathering and decision-making.*

The Divorced Parent, by Stephanie Marston

Divorce Poison: Protecting the Parent-Child Bond From a Vindictive Ex, by Richard Warshak

Everthing Parent's Guide to Children and Divorce: Reassuring Advice to Help Your Family Adjust, by Carl Pickhardt

Ex-Etiquette For Parents: Good Behavior After a Divorce or Separation, by Jann Blackstone-Ford & Sharyl Jupe

Families Apart, by M. Blau

Growing Up Again: Parenting Ourselves, Parenting Our Children, by Jean Clark

Helping Children Cope with Divorce the Sandcastles Way, by Gary Newman

Helping Your Child Succeed After Divorce, by Florence Bienenfeld

How to Help Your Children Overcome Your Divorce, by E. Benedek and C. Brown

How to Parent With Your Ex: Working Together For Your Child's Best Interest, by Brette McWhorter Sembre

Impasses Of Divorce, by J. Johnson and L. Campbell

Joint Custody with a Jerk, by Julie A. Ross and Judy Corcoran. *Excellent suggestions for examining each parent's role in ongoing parental disputes. Communication skills for dealing with a difficult ex-spouse. "Not just for people who have joint custody and not just for jerks."*

Kids Are Worth It, by Barbara Coloroso

Love & Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years, by Foster Cline and Jim Fay

Mom's House, Dad's House: A Complete Guide for Parents Who Are Separated, Divorced or Remarried, by Isolina Ricci. *A practical guide to setting up two-home parenting arrangement. Useful for parents whether or not joint custody is chosen. Includes guiding principles for co-parenting and maps out emotional stages and milestones from the time of separation through remarriage.*

Parenting After Divorce: A Guide to Resolving Conflict and Meeting Your Children's Needs, by Philip Stahl

Parenting Teens With Love & Logic, by Foster Cline and Jim Fay

Parenting Through Divorce, by Karen J. Todd, M.C. and Nancy Barros, M.A.

The Parent's Book About Divorce, by Richard Gardner

The Parent's Handbook: Systematic Training for Effective Parenting (STEP), by Dinkmeyer and McKay; *STEP for Parenting of Teens*

Parent vs. Parent: How You and Your Child Can Survive the Custody Battle, by Stephen P. Herman

Pick Up Your Socks & Other Skills Growing Children Need, by Elizabeth Crary & Pat Casebolt

Positive Discipline, by Jane Nelson

Raising Self-Reliant Children in a Self-Indulgent World, by Stephen Glenn and Jane Nelson

Second Chances, by Judith S. Wallerstein and Sandra Blackslee

Sharing The Children: How To Resolve Custody Problems And Get On With Your Life, by Robert Adler

Shared Parenthood After Divorce, by Ciji Ware

Surviving the Break Up: How Children And Parents Cope With Divorce, by Judith S. Wallerstein and Joan B. Kelley

Taking Charge: Caring Discipline That Works at Home and at School, by Joanne Nordling

Through the Eyes of Children: Healing Stories for Children of Divorce, by Janet Johnston

The Truth About Children and Divorce: Dealing With the Emotions so You and Your Children Can Thrive, by Robert Emery

Touchpoints: Your Child's Emotional and Behavioral Development, by T. Berry Brazelton

What About The Kids?: Raising Your Children Before, During and After Divorce, by Judith Wallerstein

Why Do You Have to Get a Divorce? And When Can I Get a Hamster?, by Anthony Wolf

Without Spanking or Spoiling, by Elizabeth Crary

Vicky Lansky's Divorce Book for Parents, by V. Lansky

Your ___ Year Old (one book for each age), by Louise Bates Ames



BOOKS - FOR ADULTS - NONCUSTODIAL PARENTS

A Divorced Dad's Survival Book: How to Stay Connected to Your Kids, by David Knox

Every Other Weekend, by Kenneth F. Parker and Van Jones.

Written by divorced fathers to help other divorced fathers confront pain and loss, understand their children's feelings and accept their changed role in their children's lives.



101 Ways to be a Long Distance Super-Dad...Or Mom, Too!, by George Newman.
Simple and practical tips for keeping close with a child after divorce.

Long Distance Parenting: A Guide For Divorced Parents, by Miriam Galper Cohen



BOOKS ABOUT MEDIATION & COLLABORATIVE DIVORCE

Collaborative Divorce, by Pauline Tessler & Peggy Thompson

The Collaborative Way to Divorce, by Stuart Webb

Divorce Mediation, by Jay Folberg and Ann Milne, Editors

Divorce Mediation Answer Book, by Carol Butler & Dolores Walker

Divorce Mediation: How To Cut The Costs And Stress Of Divorce, by Diane Neumann

Divorce Without Court: a Guide to Mediation & Collaborative Divorce, by Katherine Stoner

Getting Together, by Roger Fisher and Scott Brown

Getting To Yes, by Roger Fisher and William Ury. *A general book about negotiation techniques, the introduction of the win-win solution concept.*

A Guide To Divorce Mediation, by Gary J. Friedman, J.D.

Mediation, by Jay Folberg and Allison Taylor

No-Fight Divorce, by Brette McWharter Sembre

Renegotiating Family Relationships, Divorce, Child Custody, And Mediation, by Robert E. Emery

Using Divorce Mediation: Save Your Money & Your Sanity, by Katherine Stoner



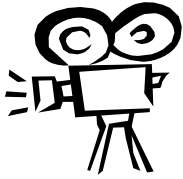
PUBLICATIONS TO ORDER

Dealing with Loss: A Guidebook for Helping Your Children During and After Divorce, by Herman M. Frankel, M.D.; (503) 227-1860, www.divorcework.com (\$5.00 per copy).

Family Law in Oregon, Oregon Legal Services (503) 224-4094. *This booklet answers common questions on the subjects of Marriage and Divorce, Paternity, Custody and Parenting Time, Child Support, State Services for Children and Families and Adoption. A Spanish version is also available. (\$.15 per copy). You can also download the English and Spanish versions of this publication from the Oregon Judicial Department's Family Law Website: <http://courts.oregon.gov/familylaw>.*

My Parents Are Getting Divorced - A Handbook for Kids, ABA Section of Family Law Family Advocate, Vol. 18, No. 4. (312) 988-5522. (\$9.00 each to \$3.00 each, depending on quantity)

Oregon State University Extension Service, (503) 737-2513. *Publications on Divorce and Remarriage, including: "Property Division and Spousal Support", "Child Support Decisions" and "Money Management for Stepfamilies". (free to \$1.50 per copy)*



VIDEOS

Children: The Experts on Divorce, Family Connections Publishing Co. (801) 268-2800.

Listen to the Children, Victor/Harder Productions (313) 661-6730

Both videos effectively make use of children speaking about their divorce experiences interspersed with expert guidance.



INTERNET WEBSITES

Association for Conflict Resolution, www.acresolution.org. *This national organization has a great deal of information about mediation and about publications about divorce. Their book room has a direct link to Amazon.com.*

Bonus Families, www.bonusfamilies.com, *is an international non-profit organization dedicated to promoting peaceful coexistence between divorce or separated parents and their new families.*

Divorce Info, www.divorceinfo.com, *by Lee Bordon. Created by a Florida divorce attorney and mediator, this site offers knowledgeable and evenhanded articles of interest, including "How Can I Get the Kids Through This?", "What are the Mistakes People Make Most Often in Divorce?", and "What do I do now that I've Screwed Up?".*

Divorce Source, www.divorcesource.com. *This site has book lists, helpful articles, and referrals to various professionals indexed by city and state.*

Divorce Central, www.divorcecentral.com. *A good assortment of resources and links, including other state laws and organizations, and frequently asked questions.*

Divorce Online, www.divorceonline.com. *Extensive articles on the financial, legal and psychological aspects of divorce.*

Divorce Support, www.divorcesupport.com. *Resources and services including forms and guidebooks for Oregon, finding a divorce professional, information on child support, and a bookstore.*

GoodBooksNW, www.goodbooksnw.com, *This Oregon internet bookseller specializes in books on divorce, blended families and grief. It also has links to blogs on these same subjects.*

Just For Kids, www.just-for-kids.com. *Find thousands of books for and about kids, some at discount prices, including new books, multi-cultural books, and holiday books. Search by categories or children's age, with recommendations and reviews.*

Military Divorce & Separation Issues, <http://usmilitary.about.com/od/divorce>

Oregon Community Resource Directory, www.workforcepartnersinoregon.org. *A comprehensive directory of community resources in Oregon, organized by county, including agencies, non-profit organizations, and service providers. Each resource has a listing with hours, location, and summary of services. Locate resources in your area for domestic violence, mediation, counseling, and more.*

Oregon Mediation Association, www.omediate.org.

Parenting Time Calendar, *the calendar software allows parents to put in their parenting time schedule and print out custom calendars. It also calculates the number of parenting time overnights each parent has and calculates parenting time percentages. The Parenting Time Calendar is sold on the following website: www.parentingtimecalendar.com.*

The Whole Family, www.wholefamily.com. *Has a link to both a "Parent Center" and "Marriage Center" with articles on parenting, communication, divorce, child development, and more.*

OREGON LEGAL INFORMATION

Oregon Division of Child Support

On-line Child Support Calculator, www.oregonchildsupport.gov/calculator

Family Law Resource Lists, www.oregonchildsupport.gov/resources. *Provides a county-by-county list of various family law and related services available in Oregon.*

Oregon Judicial Department, Family Law Website, <http://courts.oregon.gov/familylaw>. *Information about state and local family law advisory committees, court-connected services, parent education, family law resources, and access to the statewide optional domestic relations forms.*

Oregon State Bar, www.osbar.org (choose Public at the bottom of the page). *Legal information for the public is available at their "Legal Links" location. Also information about the Lawyer Referral Service and Modest Means Program.*



DIRECTORIES OF MEDIATION PROVIDERS

Annual Resource Directory, Oregon Mediation Association (503) 872-9775. *Listings are alphabetical, geographic and by area of practice. Contains OMA Standards of Practice, consumer's guide to selecting mediators, and listings of non-profit services. You may also visit the online directory at: www.omediate.org.*

Oregon Lawyers' ADR Resource Directory, OSB ADR Section and Multnomah Bar Association ADR Committee (503) 222-3275. *Separate sections for Arbitrators and Mediators. Listings are alphabetical and geographic. Contains discussions on use of ADR, attorney's role, ethics, court-connected and non-profit lists.*