

WESTBROOK YOUTH AND FAMILY SERVICES

PARENTING EDUCATION RESOURCES

Westbrook Youth and Family Services offers affordable counseling for individuals, couples and families to residents of Westbrook and surrounding communities. For more information, please visit WYFS.org or call us at 860-399-9239.

PARENTING, CO-PARENTING AND THE IMPACT OF DIVORCE ON CHILDREN

WEBSITES

CT Parenting

<http://www.ctparenting.com>

CT Parenting is a service of Connecticut's Department of Children and Families and includes information on car seat safety, bullying, behavioral issues, discipline, breastfeeding, jobs, and education.

www.myparentingsource.com

My Parenting Source is a parenting support and information website created by Beech Acres Parenting Center. The site includes articles and community areas where parents can share and support each other.

www.ctclearinghouse.org

Connecticut Clearinghouse, a program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, is a statewide library and resource center for information on a variety of mental health topics, including co-parenting and divorce. The website has many free fact sheets, and the Clearinghouse free lending library in Plainville has an extensive collection of materials that can be checked out.

<http://coparenting101.org/>

Co-parenting 101 is a site started by divorced couple who co-parent their child.

<http://www.extension.umn.edu/ParentEducation/>

<http://www.extension.umn.edu/family/parents-forever/>

The WYFS Parents Forever curriculum was developed by the University of Minnesota Extension Services. Their Parenting Education resource page includes free parenting resources as well as books for purchase. The Parents Forever area includes free worksheets, such as the co-parenting plan.

www.divorcesource.com

The site contains comprehensive divorce information and advice relating to custody, co-parenting, children's adjustment and other issues relating to divorce and children.

<http://msuextension.org/publications/HomeHealthandFamily/MT200111HR.pdf>

An excellent, free Co-parenting After Divorce guide from Montana State University Extension Service.

<http://extension.missouri.edu/p/GH6600>

<http://extension.missouri.edu/p/GH6602>

Two free publications from University of Missouri-Columbia free publication: Helping Children Understand Divorce and Activities for Helping Children Deal with Divorce

https://www.oag.state.tx.us/ag_publications/pdfs/coparenting.pdf

Excellent 26-page guide published by the Attorney General of Texas entitled: For Our Children-Learning To Work Together: Co-Parenting Guide. Includes sample parenting plan.

<http://www.crckids.org>

The Children's Rights Council supports the idea that "the best parent is both parents." The organization is dedicated to helping parents co-parent. The site has parenting tools, information and useful links.

<http://www.ctmediators.org/resources.htm>

Connecticut Council for Non-Adversarial Divorce promotes the work of mediators and collaborative practice approaches to divorce. The site offers useful information and links and explains divorce options.

BOOKS FOR PARENTS

There are many books for parents going through divorce. These are titles we find especially useful with our clients.

The Co-Parenting Survival Guide: Letting Go of Conflict after a Difficult Divorce by Elizabeth Thayer and Jeffrey Zimmerman. New Harbinger Publications (2001).

Parents are Forever: A Step-by-Step Guide To Becoming Successful Coparents after Divorce by Shirley Thomas. Springboard Publications (2004).

Helping Children Cope with Divorce by Edward Teyber. Jossey-Bass (2001).

The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive by Robert E. Emery. Viking Adult (2004).

Good Parenting Through Your Divorce: The Essential Guidebook to Helping Your Children Adjust and Thrive by Mary Ellen Hannibal. Marlowe & Company (2002).

The Unexpected Legacy of Divorce: The 25 Year Landmark Study by Judith Wallerstein. Hyperion (2001).

We're Still Family: What Grown Children Have to Say About Their Parents' Divorce by Constance Ahrons. Harper Collins Publishers, Inc. (2004).

Between Two Worlds: The Inner Lives of Children of Divorce by Elizabeth Marquardt. Crown (2005).

Divorced Dad Dilemma by Gerald S. Mayer. Desert City Press (1994).

Between Two Worlds: The Inner Lives of Children of Divorce by Elizabeth Marquardt. Three Rivers Press (2006).

Does Wednesday Mean Mom's House or Dad's? by Marc Ackerman. John Wiley & Sons, (1997).

BOOKS FOR CHILDREN

Pre-schoolers:

It's Not Your Fault, Koko Bear by Vicki Lansky. The Book Peddlers (1997).

A read-aloud book for situations where both parents plan to stay involved with the children. The message is positive and addresses the major things children need to hear at this time.

Dinosaurs Divorce by Laureen K. Brown & Marc Brown. Little Brown (1988).

Reassures children of all ages about why parents divorce, what happens to children, having two homes, celebrating holidays, telling their friends, and living with or having stepparents, stepsisters, and stepbrothers. Children may want to have it read to them over and over.

Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce by Tamara Schmitz. Price Stern Sloan (2008).

The book beautifully articulates children's fears around divorce and has a central message of unconditional love.

Two Homes by Claire Masurel. Candlewick (2003).

The story focuses on the physical and emotional needs children experience as they begin living in two separate homes.

Let's Talk About It: Divorce by Fred Rogers. G P Putnam & Sons (1996)

For children of all ages . . . helpful information from the man children have come to trust.

School-aged Children:

Good Answers to Tough Questions: Divorce by Joy Berry. Joy Berry Books (2010).

The book is geared toward children and has a problem-solving approach to issues children might face during this time. Good for ages 6-12.

What in the World Do You Do When Your Parents Divorce? by Kent Winchester and Roberta Beyer. Free Spirit Publishing (2001).

This is a wonderful teaching tool for working with your children or a book they can read on their own. Good for ages 6 and up.

Our Family is Divorcing: A Read-Aloud Book for Families Experiencing Divorce by Patricia Johnson & Donna Williams. Resource Publications (1996).

For children of all ages . . . A story about a family going through divorce and how both the children and parents feel about what is happening. A great book for prompting discussion of children's feelings about what is happening in their family; includes a section with questions for discussion. May be read aloud to early primary school age children or older children (grades 3+) will be able to read the book themselves.

Divorce Is Not the End of the World: Zoe and Evan's Coping Guide for Kids by Zoe and Evan Stern. Tricycle Press (2008).

Written by two young teenagers who experienced divorce in their own family, this honest guide will reassure kids that although divorce may be difficult, life does go on.

Pre-teens & Teen-agers:

We're Still Family: What Grown Children Have to Say About Their Parents' Divorce by Constance Ahrons. Harper Collins Publishers, Inc. (2004).

It's Not the End of the World by Judy Blume; Dell

Easy to read novel about a 12-year-old who tries to get her parents back together. Once the divorce is final and the fighting ends, she and her brother and sister realize life is not so bad after all.

Surviving Divorce: Teens Talk About What Hurts and What Helps by TrudiStrain Truet. Scholastic (2007). A straightforward resource for teens in an engagingly designed book.

DOMESTIC VIOLENCE

Connecticut Coalition Against Domestic Violence:

Hotline: 888-774-2900

Call the statewide hotline number for assistance and information about local agencies. Or, visit CCADV online at:

www.ctadv.org

New Horizons

Hotline: (888) 774-2900

Clinton office: 860-664-0787 x8417 (Someone is in the Clinton office, located at the Community Health Center, Wednesdays 12-8pm.)

Provides immediate telephone crisis response and assistance with accessing safe shelter for victims of domestic violence, including dating violence. Service available 24 hours/7 days. Shelter accepts women and women with children.

Women's Center of Southeastern Connecticut

Hotline: 860-701-6000

www.womenscenterofsect.org/

This New London agency provides services and advocacy to victims of sexual assault and domestic violence.

Connecticut Law Library: Laws About Domestic Violence

www.jud.ct.gov/lawlib/law/domesticviolence.htm

CHILD ABUSE

If you suspect child abuse, you can call the Department of Children and Families CARELINE 24/7

1-800-843-2288

The DCF website has useful information about child abuse and neglect and how to talk to a child who reports something of concern to you.

www.ct.gov/dcf

7 Steps to Prevent Child Sexual Abuse

www.ct.gov/dcf/lib/dcf/wmv/ufiadobefiles/7steps.pdf

This DCF publication offers useful information about preventing child abuse.

MENTAL HEALTH

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Infoline - United Way of Connecticut

Infoline (2-1-1) is a free service that can help you with many different kinds of problems, including substance abuse, domestic violence, suicide prevention, financial problems, and more. It is available 24 hours a day and 365 days per year.

Connecticut Department of Mental Health and Addiction Services

www.ct.gov/dmhas/

The site includes information about services and resources for mental health and addiction issues, including prevention services and 24-hour crisis services.