Books for Children

**Ages 3 to 8**

- **A Day With Daddy;** by Nikki Grimes; New York, Scholastic, 2004
  - A boy enjoys every moment of a special day with his father, as they play in the park, share french fries, and see a movie together. Includes activity ideas for parents and children.

- **At Daddy's on Saturdays;** by Linda Walvoord Girard; Whitman & Co, 1991
  - "Young children will find reassurance in this realistic but warm story of a divorce told from a young girl's point of view". School Library Journal.

- **Charlie Anderson;** by Barbara Abercrombie; Margaret K. McElderry Books, 1995
  - Charlie, a fuzzy gray cat, walked out of the woods one evening and into Elizabeth's and Sarah's hearts. Now he sleeps on their beds, lets them dress him up in doll clothes, and laps up warm milk on chilly nights. But where does Charlie go during the day? It's not until a storm keeps Charlie away one night that the two sisters discover his other, daytime, home. But maybe that's not such a bad thing. Because, just like Elizabeth and Sarah, Charlie has two houses, two beds, and two families who love him very, very much!

  - Text and illustrations of dinosaur characters introduce aspects of divorce such as its causes and effects, living with a single parent, spending holidays in two separate households, and adjusting to a stepparent.

- **Do I Have A Daddy?: A Story About A Single-Parent Child;** by Jeannie Warren Lindsay; Morning Glory Press, 1999
  - Thousands of children are forced to grow up without their fathers. This book helps kids with absent, deceased, and unknown dads talk about and deal with this difficult situation. In the story, Erik, a preschooler, is teased by other children about not having a dad. His mother explains that there are many kinds of fathers, and not all of them live with their children. The story serves as a conversation starter and can be adapted to meet a child's specific needs. Parents learn the importance of being honest while allowing their children to retain a positive view of the absent parent.

- **Fred Stays With Me!;** by Nancy Coffelt; Little, Brown Books for Young Readers, 2011
  - There are so few stories about divorce that aren't didactic or heavy handed. This one follows a girl learning to navigate her new life with two homes and going back and forth between mom's and dad's houses. The child's dog, Fred, goes back and forth with her, providing stability for the girl and common ground for the parents. The dog also provides an avenue for the parents to learn to resolve conflict. A great story that is simple and not overly sentimental.

- **Good-Bye, Daddy!:** by Brigitte Weninger; North-South Books, 1997
  - A little boy's teddy bear helps him come to terms with his parents' divorce by telling him a story about a little bear in similar circumstances.

- **It's Not Your Fault, Koko Bear: A Read-Together Book for Parents & Young Children During Divorce;** by Vicki Lansky; Book Peddlers, 1997
  - This easy-to-understand children's story and parenting guide is intended for families where both parents plan to stay active and involved in their child's life. It's Not Your Fault, KoKo Bear revolves around a lovable bear who doesn't want to have two homes. KoKo's experience will help children learn what divorce means, how family life will change, and understand that the divorce is not their fault.

- **Let's Talk About Divorce;** by Fred Rogers; Putnam, 1998
"Mister Rogers’s talent for calmly explaining scary emotional upheaval to young children shines in this latest volume. Rogers offers caring support and validation for readers working through such trauma, and he supplies concrete examples of ways kids can deal with the stress....Books that offer such honest reassurance are rare." Publishers Weekly (starred review) "Excellent." American Bookseller "This book fills a gaping hole on library shelves." School Library Journal

- **Mom and Dad Don’t Live Together Any More;** by Kathy Stinson; Annick Press, 2007
  - A little girl is sad that her parents are divorced. Now she lives with her mother and brother during the week, and with her father on the weekends. The brief text captures the essence of a child’s feelings about divorce -- the guilt, and the wishes and fears. It also manages to convey the positive message that parents still love their children after a divorce, even if they can’t do it living together.

- **My Family’s Changing: A First Look at Family Break Up;** by Pat Thomas; Barron’s, 1999
  - This unusual picture book for younger children explores the issue of divorce. The fears, worries, and questions that boys and girls face when their family goes through this difficult period of breaking up are explained in terms children will readily understand. Full-color illustrations.

- **My Mother’s House, My Father’s House;** by C. B. Christiansen; Penguin, 1990
  - A child describes having two different houses in which to live, "my mother’s house" and "my father’s house," and what it is like to travel back and forth between them.

- **My Two Homes;** by Claudia Harrington; Looking Glass Library, 2015
  - Lenny follows Skye to her home for a school project, only to discover that she actually has two homes and a great relationship with all her parents – father, mother, and stepfather. The book is very upbeat, and presents post-divorce life as normal and even fun. It’s part of a series that includes books on various forms of diverse families: My Military Mom, My Two Dads, etc.

- **One More Time;** by Louis Baum; Morrow and Co., 1986
  - One More Time is an exceptional story, one that offers new meaning with each reading. On the surface, the book simply describes a father and son’s Sunday afternoon in the park. Like most small children, Simon often asks to do things “one more time.” At the end of the day, the pair board a train, where Simon asks his father, “Is it far?” Only when they arrive and Dad leaves Simon with his mother do we realize that the boy’s parents are divorced; we’ve been witnessing the bittersweet conclusion of their allotted time together. The phrase “one more time” takes on new significance as we consider the meaning it holds for both father and son. The book is not “about” divorce; it’s just about a divorced family. One senses the strong, positive relationship between Simon and his dad, but the book doesn’t skirt the sadness that is part of divorce. It should be a highly comforting book for children in a similar situation.

- **The Enormous Suitcase;** by Robert Munsch and Michael Martchenko; Scholastic Canada, 2019
  - Munsch is a classic Canadian picture book author, and this novel is a funny take on a difficult situation. Kelsey keeps bringing her favourite belongings back and forth from her mom’s house to her dad’s, because “I think I should live in one house and both of you should visit me…” I like her spirit.

- **The Kissing Hand;** by Audry Penn; Tanglewood, 1993
  - Leaving a parent is not easy for many kids. Whether it’s going to school for the first time, being left with a babysitter, or leaving mom for the weekend because it’s dad’s weekend with the kids, that separation can be tough. This book has helped us through so many situations, and my boys always remember that wherever they go, I am always with them, even if not physically present. I can’t even recall how many times I have reminded them to make use of their kissing hands - it has become so ingrained in our routines. All the love for this one and its ability to speak so perfectly to children!

- **Two Homes;** by Claire Masurel; Candlewick, 2003
  - Alex has two homes, one with mommy and one with daddy. She also has two bedrooms, two comfy chairs, and friends to play with at each house. Despite the fact that Alex’s parents are
divorced and she has two of everything, one thing remains constant, no matter where she is: she is so very loved. For children of divorced families, this reassuring book addresses the things children “gain” during a divorce - and the things that will never change when parents separate.

- **Was It the Chocolate Pudding? A Story for Little Kids About Divorce**; by Sandra Levins and Bryan Langdo; American Psychological Assn., 2005

**Ages 6 to 9**

- **Always My Dad**; by Sharon Wyeth; Knopf Books for Young Readers, 1994
- **Emily's Blue Period**; by Cathleen Daly; Roaring Brook Press, 2014
- **I Love My Parents, But I Hate Divorce**; by Pat H. Otto; Wildwater Publications, 1997
- **Lou Caribou: Weekdays with Mom, Weekends with Dad**; by Marie-Sabine Roger and Nathalie Choux; Little Gestalten, 2015

**Ages 9 to 12**

- **A Question of Trust**; by Marion Baner; Scholastic, 1995
- **Amber Brown Goes Fourth**; by Paula Danziger; Puffin Books, 2007
- **Amber Brown Sees Red**; by Paula Danziger; Scholastic, 2009
- **Bigger than a Bread Box**; by Laurel Snyder; Yearling, 2012
- **Blended**; by Sharon Draper; Atheneum/Caitlyn Dlouhy Books, 2018
- **Blue Sky, Butterfly**; by Jean van Leeuwen; Dial, 1998
- **But...What About Me? (How It Feels To Be A Kid In Divorce)**; by Bonnie Doss; Bookmark Pub, 1998
- **Chevrolet Saturdays**; by Candy Dawson-Boyd; Puffin Books, 1995
- **Divorce**; by Debra Goldentyer; Raintree-Steck Vaughn, 1998
- **Divorce Is Not the End of the World**; by Zoe Stern and Evan Stern; Tricycle Press, 2008
- **Ginny Morris and Mom's House, Dad's House**; by Mary Gallagher and Whitney Martin; Magination Press, 2005
- **It's Not the End of the World**; by Judy Blume; Atheneum Books for Young Readers, 2014
- **Love Like Sky**; by Leslie C. Youngblood; Disney-Hyperion, 2018
- **My Parents Are Divorced, Too: A Book For Kids By Kids**; by Melanie Ford; Magination Press, 2006
- **My Parents Are Getting Divorced: How to Keep It Together When Your Mom and Dad Are Splitting Up**; by Florence Cadier and Melissa Daly; Sunscreen, 2004
- **My Parents' Divorce**; by Julia Cole; Copper Beech Books, 1998
- **My Parents Still Love Me Even Though They're Getting Divorced (an interactive tale for children)**; by Lois Nightingale; Nightingale Rose Publications, 1997
- **Strider**; by Beverly Cleary; Harper Collins, 2000
- **The Squeaky Wheel**; by Robert Kimmel Smith; Delacorte Books for Young Readers, 1990
- **The Trouble With Thirteen**; by Betty Miles; Avon Books, 1985
- **Things That Surprise You**; by Jennifer Maschari; Balzer + Bray, 2017
• **Two Naomis**; by Olugbemisola Rhuday-Perkovich and Audrey Vernick; Balzer + Bray; Reprint edition, 2018

• **What Children Need To Know When Parents Get Divorced**; by William Coleman; Bethany House, 1998

• **What Do We Think About: Family Break-Up?**; by Jullian Powell; Hodder Wayland, 1998

• **When My Parents Forgot How to Be Friends**; by Jennifer Moore-Mallions; Barron’s Educational Series, 2005

• **You Go First**; by Erin Entrada Kelly; Greenwillow Books, 2018

**Books for Young Adults**

• **Divorce**; by Anne Charlish; Raintree Steck-Vaughn, 1999

• **Divorce and Teens: When a Family Splits Apart**; by Elizabeth Price; Enslow Pub, 2004

• **For Better, For Worse: A Guide To Surviving Divorce For Preteens and Their Families**; by Janet Bode; Simon & Schuster Books for Young Readers, 2001

• **I Want Answers and a Parachute**; by P.J. Petersen; Simon and Schuster, 1993

• **Help!: A Girl's Guide to Divorce and Stepfamilies**; Nancy Holyoke; American Girl Pub, 1999

• **A Solitary Blue**; by Cynthia Voight; Atheneum Books for Young Readers, 2012

• **Strider**; by Beverly Cleary; HarperCollins, 2000

• **Teens and Divorce**; by Gail Stewart; Lucent Books, 1999

• **The Moonlight Man**; by Paula Fox; Aladdin, 2003

• **When Your Parents Split Up: How To Keep Yourself Together**; by Alys Swan-Jackson, Lynn Rosenfield and Andy Cooke; Da Capo Lifelong Books, 2000

• **When Your Parents Divorce: A Handbook for Children Whose Parents Are Divorcing**; by Betty Clark; Educational Media Corp., 1998

**Books for Adults**

• **Be A Great Divorced Dad**; by Kenneth Condrell; St. Martin, 1997


• **Co-Parenting After Divorce: How to Raise Happy, Healthy Children In Two-Home Families**; by Diana Shulman; Winnspeed Press, 1996

• **The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce**; by Elizabeth Thayer; New Harbinger Pub, 2001

• **Divorcing Father’s Manual: 8 Steps to Help You and Your Children Survive and Thrive**; by Barry Frieman; Men’s Studies Press, 2005

• **The Divorced Dad’s Survival Book: How to Stay Connected With Your Kids**; by David Knox and Kermit Leggett; Insight Books, 1998

• **Ex-Etiquette For Parents: Good Behavior After A Divorce Or Separation**; by Jann Blackstone-Ford and Sharyl Jupe; Chicago Review Press, 2004
• Good Parenting Through Your Divorce: How to Recognize, Encourage and Respond to Your Child’s Feelings and Help Them Get Through Your Divorce; by Mary Ellen Hannibal; Da Capo Lifelong Books, 2002
• How to Talk to Your Kids about Your Divorce: Healthy, Effective Communication Techniques for Your Changing Family; by Samantha Rodman; Adams Media, 2015
• How to Help Your Children Survive Your Divorce; by Jody Beveridge and Alan Bradley; Foulsham, 2004
• How to Parent with Your Ex: Working Together for Your Child's Best Interest; by Brette Sember; Sphinx/Sourcebooks, 2005
• Helping Children Survive Divorce: What to Expect, How to Help; by Archibald Hart; Thomas Nelson, 1997
• How To Help Your Child Overcome Your Divorce; by Elissa Benedek and Catherine Brown; W. M. Morrow, 2001
• How to Talk to Your Kids about Your Divorce: Healthy, Effective Communication Techniques for Your Changing Family; by Samantha Rodman; Adams Media, 2015
• Mindful Co-parenting: A Child-Friendly Path through Divorce; by Jeremy Gales; CreateSpace Independent Publishing Platform, 2014
• Mom's House, Dad's House: Making Two Homes For Your Child; by Isolina Ricci; Simon & Schuster, 1997
• Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce; by JoAnne Pedro-Carroll; Avery, 2010
• The Co-Parenting Handbook: Raising well-adjusted and resilient kids from little ones to young adults through divorce and separation; by Karen Bonnell and Kristin Little; Sasquatch Books, 2017
• The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive; by Robert Emery; Viking, 2004

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