

DIVORCE AND PARENTING TIME RESOURCE GUIDE

For Children and Adolescents

- Bernard, by Bernard Waber. Bernard the dog runs away while his owners argue about whom will keep him when they break up.
- Dinosaurs Divorce, A Guide For Changing Families by Laurence Kasney Brown and Marc Brown. Colorful cartoon format. Especially good for reading aloud and discussing.
- Mr. Rogers Talks with Families About Divorce by Fred Rogers and Clair O'Brien.
- How it Feels When Parents Divorce by Jill Krementz. Personal stories illustrating a wide variety of lifestyles and experiences. Provides some excellent long term perspectives.
- It's Not Your Fault Koko Bear or en espanol No es tu culpa, Koko oso by Vicki Lansky. To help children understand they are not responsible for the divorce or separation.

En Español/Spanish

- El Divorcio Explicado a Los Ninos/the Divorce Handbook for Kids by Cynthia MacGregor
- No es tu culpa, Koko oso en español/It's not your fault Koko Bear by Vicki Lansky

For Parents-General

- Does Wednesday Mean Mom's House or Dad's? Parenting Together While Living Apart by Marc J. Ackerman.
- What About the Kids? Raising Your Children Before, During, and After Divorce by Judith S. Wallerstein and Sandra Blakeslee.
- Between Love and Hate: A guide to a Civilized Divorce by Lois Gold. Guidance to those going through divorce on improving communication, effective negotiation, and conflict resolution.
- Divorce Without Victims, Helping children Through Divorce With A Minimum of Pain and Trauma by Stuart Berger, M.D.
- 101 Ways to be a Long Distance Super-Dad by Newan.
- The Joint Custody and Co-Parenting Handbook Running Press, 1980.
- Saturday Parent: A Book For Separated Families by Peter Rowlands.

En Español/Spanish

- El Divorcio: Que Huella Dejaen los Hijos by Mariano Gonzalez Ramirez
- Como Ayudar A los Hijos de Padres Divorciados/How to help children with Divorced parents by Lizi Rodriguez
- El Divorcio y Segundos Matrimonios/Divorce and Second Marriages by Augustin Palacios Lopez
- Sanidad Par el Corazón del Divorciado/Healing the Divorced Heart by Rose Sweet
- Todo lo que necesitas saber cuando tus padres se divorcian/Helping Books in Spanish by Linda C. Johnson

Parenting Plans and Workbooks

- Mom's House, Dad's House by Isolina Ricci. A practical guide for post-divorce parenting and reorganizing family life into two homes.
- Child Custody: Building Parenting Agreements That Work (3rd Ed.) by Mimi E. Lyster.
- The Children's Book by Marliyn S. McKnight Erickson and Stephen K. Erickson. A communication workbook for parents to use and pass back and forth.
- Creating A Successful Parenting Plan by Dr. A. Jayne Major.
- Long Distance Parenting: A Guide For Divorced Parents by Miriam Galper Cohen.

Books on Mediation

- A Guide to Divorce Mediation: How to Reach a Fair, Legal Settlement at a Fraction of the Cost by Gary Friedman.
- Divorce Without Court: A Guide to Mediation and Collaborative Divorce by Katherine E. Stoner.
- The Divorce Mediation Answer Book: Save Time, Money, and Emotional Energy with a Mediated Separation by Delores Deanne Walker; Carol A. Butler.
- The Divorce Mediation Handbook: Everything you Need to Know by Paula James
- Using Divorce Mediation: Save Your Money & Your Sanity by Katherine Stoner

Websites

- Oregon Judicial Department, Family Law Website, www.ojd.state.or.us/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 forms.
- Mediate.com is a national website with information on all types of mediation. They also have a listing of mediators in Oregon at www.mediate.com/Oregon/.
- The Oregon Mediation Association has a website www.mediate.com/oma/index.cfm. This website has information about all types of mediation and a listing of public and private mediators in Oregon. There is also information in Spanish (información en español) on this website.
- The Good Divorce Books web site www.gooddivorcebooks.com has a listing of books on a variety of topics from mediation to custody and reducing conflict.
- Divorce Online, www.divorceonline.com. Extensive articles on the financial and psychological aspects of divorce.
- Divorce Support, www.divorcesupport.com. Resources and services for finding a divorce professional, information on child support.
- Oregon Division of Child Support, Family Law Resource Lists, www.dcs.state.or.us/familylaw. Provides a county-by-county list of various family law and related services available in Oregon. On-Line Child Support Calculator www.dcs.state.or.us/calculator.

This is not a list of endorsed materials but merely suggestions of books and websites that may be helpful resources. The content of the materials does not necessarily reflect the opinions of Conciliation Services of the Juvenile Department or of Washington County.