Helping Your Children Thrive During and After the Split

Divorce is never easy, especially for children. They may feel confused, scared, and angry. They may worry about which parent they will live with, how they will see the other parent, and whether their lives will ever be the same.

As a parent, it is your responsibility to help your children through this difficult time. You can do this by providing them with love, support, and reassurance. You can also help them to understand what is happening and to cope with their emotions.



Parenting through Divorce: Helping Your Children Thrive During and After the Split by Lisa Rene Reynolds PhD

★ ★ ★ ★ ★ 4.3 out of 5
Language : English
File size : 748 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 209 pages



This book will provide you with the information and tools you need to help your children thrive during and after the split. You will learn about:

 The different stages of divorce and how to help your children through each stage

How to talk to your children about divorce

How to help your children cope with their emotions

How to create a positive co-parenting relationship with your ex-spouse

How to help your children adjust to a new family structure

How to get help for your children if they are struggling

This book is an essential resource for any parent who is going through a divorce. It will help you to understand your children's needs and to provide them with the support they need to thrive.

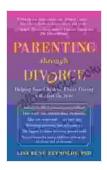
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About the Author

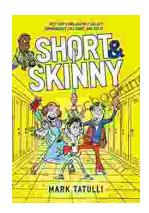
The author of this book is a licensed clinical social worker who has over 20 years of experience working with children and families. She has a special interest in helping children who are going through divorce. She has written this book to provide parents with the information and tools they need to help their children thrive during and after the split.

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Thrive During and After the Split by Lisa Rene Reynolds PhD



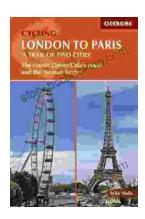
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