

## Our Top 10 Co-Parenting Resources

1) The Coach-Mediate-Consult website, links and accompanying handbook and workbook provide many sources of helpful information to co-parents, including step parents, for talking with and caring for their children when the parents decide to divorce, as well as, guidance for setting up a parenting plan. The books are available in audio format.

*"With a tested "here's how" approach, [The Co-Parenting Handbook](#) helps parents confidently take on the challenges of guiding children through divorce and raising them skillfully in two homes. For your child's sense of family, what divorce breaks apart, strong co-parenting rebuilds."*

<https://coachmediateconsult.com/co-parenting-coach/>

2) [Helping Your Kids Cope with Divorce the Sandcastles Way](#) by Gary Neuman is a "warm and empathetic guide" dealing with a wide range of issues faced by parents and their children, such as:

- How to build a co-parenting relationship--even when you think you can't
- Age-appropriate scripts for addressing sensitive issues
- How to stop fighting with your ex-spouse
- How to cope with kids' common fears about separation
- How to introduce significant others into the family and help your child cope with a new stepfamily

*"More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents."*

<https://www.amazon.com/Helping-Your-Kids-Divorce-Sandcastles/dp/0679778012>

3) [Planning for Parenting Time, Arizona's Guide for Parents Living Apart](#) is a free, comprehensive guide to designing a parenting plan that will work best for you and your children. The guide presents detailed information and samples to help in creating individual parenting plans.

<http://www.azcourts.gov/portals/31/parentingtime/ppwguidelines.pdf>

4) [Keeping Kids Out of the Middle](#) is a simple, straightforward article (blog) by Elizabeth Denham about how to be sure to put the children's interest first and preserve their relationship with both parents.

[http://www.huffingtonpost.com/elizabeth-denham/keeping-kids-out-of-the-m\\_b\\_2680423.html](http://www.huffingtonpost.com/elizabeth-denham/keeping-kids-out-of-the-m_b_2680423.html)

5) This article in [Divorce Magazine](#) has been edited and excerpted from [What To Tell the Kids about Your Divorce](#) by Darlene Weyburne.

Topics include developing respect for your co-parent, supporting your children's relationship with your ex, communicating about important issues, child support, child

custody and relocation and mediation as a good option for helping to create a parenting plan. [What to Tell Your Kids](#) "offers creative exercises and common-sense advice, this comprehensive guide will assist you to move beyond your own anger so you can help your kids cope with your divorce."

<http://www.divorcemag.com/articles/the-co-parenting-relationship>

6) [Four Ways to Help Your Teenage Daughter Cope with Divorce](#) by Terry Gaspard is an article in the Huffington Post that discusses the issues that arise particularly for girls when their parents divorce. The blog suggests how to address these issues and help teenage daughters gain a sense of security and resiliency.

[http://www.huffingtonpost.com/terry-gaspard-msw-licsw/4-ways-to-help-your-teen\\_a\\_3241284.html](http://www.huffingtonpost.com/terry-gaspard-msw-licsw/4-ways-to-help-your-teen_a_3241284.html)

7) [Tips for Divorced Parents, Making Joint Custody Work After a Divorce or Separation](#) is an article on the HelpGuide.org website that provides four fundamental tips to achieve the benefits and avoid the pitfalls of joint custody.

<https://www.helpguide.org/articles/parenting-family/co-parenting-tips-for-divorced-parents.htm>

8) This article titled [Expert Tips and Advice for When You're Getting a Divorce and Children are Involved](#), or, how to help your kids through a family breakup. Author Ely Prior begins with the words "First of all, I want to reassure you - the end of your relationship or marriage itself isn't necessarily going to have a negative effect on your children." She increases awareness of children's sensitivity to parental conflict and suggests numerous ways of avoiding and counteracting the potentially harmful impacts of divorce on children.

<https://www.professional-counselling.com/children-in-the-middle.html>

9) In this TED Talk, Dr .Nadine Burke Harris speaks about the significance of childhood trauma and the fact that early adversity affects health across a lifetime.

<http://www.facebook.com/forharriet/videos/1575743582472422>

10) This video of a child speaking to her parent is heartwarming and instructive. It emphasizes the importance of working together for the benefit of all members of the family.

<https://www.facebook.com/dallin.muti/videos/10153215449442199/?theater>