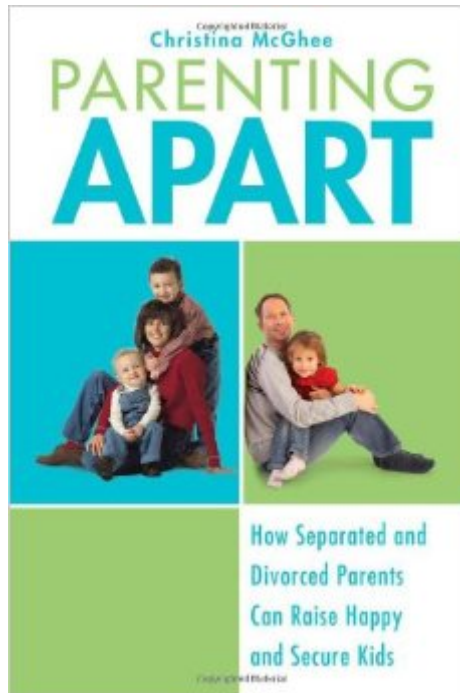


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# Parenting Apart: How Separated And Divorced Parents Can Raise Happy And Secure Kids



## Synopsis

The ultimate resource for separated and divorced parents, written by an internationally acclaimed expert on divorce and its impact on children. This comprehensive and empowering guide is filled with practical, effective ways to minimize the effects of divorce on children, and offers immediate solutions to the most critical parenting problems divorce brings. In this go-to resource, Christina McGhee addresses the issues of utmost importance to parents: ? How and when to tell the children about the divorce ? Guiding children through transition ? Helping children cope with having two homes ? Dealing with finances ? Managing a difficult relationship with an ex ? And more. Offering advice on explaining things to every age group-from toddlers to teenagers-in plain, consistent, and age-appropriate terms, Parenting Apart also offers practical suggestions for parents to help them maintain their own sense of stability and take care of their own well-being while taking care of their kids.

## Book Information

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## Customer Reviews

I highly recommend Christina McGhee's "Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids," for any separated or divorced parents. This is not a book that you sit down and read from cover to cover. It is an excellent resource/how-to-guide for parents. Christina has divided the book into 5 main sections: Part One - "How am I Going to Get Through This?" - Here Christina addresses, stress, self care, balance, understanding the emotional divorce, changing how you think/relate/communicate with your former spouse, managing the legal system

and how to avoid the many pitfalls. Part Two - "How Children Are Affected by Divorce" - Here Christina explains factors that affect how children manage and adjust to divorce. She provides separate sections for all age groups beginning with infants through 18 years of age. What I love about this section is that Christina addresses the developmental/behavioral stages of children for a specified age group, then gives you clues of what to look for in your children's behavior, provides useful tips on how you can help your child and then gives you ideas on parenting your children in each of the age groups and why the parenting tips are important. Part Three - "A Guide to the Most Common Problems and Issues for Divorced or Separated Parents" - Christina begins with how to tell your children that you are separating, why it is important, when is the best time, what to say and even breaks it down into specific age groups. This is so important - as children need this information provided to them at an age appropriate level. Christina even addresses what to do "If You Say the Wrong Thing." She has an entire chapter (15) on "What to Do When Children ask Why?"

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