



Francesca Adler-Baeder, Ph.D., CFLE

Human Development and Family Studies, Auburn University



Home Stepfamilies Divorce couples Adult Development Aging Marriage Parenting Behavioral Issues

CHILDREN CAUGHT IN THE MIDDLE

Focus on kids: the effects of divorce on children

<http://www.nccc.org/Child.Dev/effectsdivorce.html>

This handout covers: 1) What Causes Stress for Children? 2) More Strategies for Parents 3) Single Parents and 4) Stepparents

Helping Children Understand divorce

<http://muextension.missouri.edu/xplor/hesguide/humanrel/gh6600.htm>

This handout covers:

- 1) Talking with children about divorce
- 2) What to tell children
- 3) Children's understanding of divorce by age group
- 4) Sibling relationships in divorced families
- 5) Using books to talk with children about divorce
- 6) Does Divorce Make People Happy?

Children and Divorce

<http://www.aacap.org/publications/factsfam/divorce.htm>

Divorce Matters: A Child's View

<http://www.cyfernet.org/abstracts/8-2001idaho.html>

What Parents Can Do to Help Children Adjust to Divorce

<http://ohioline.osu.edu/hyg-fact/5000/5160.html>

Children's Adjustment What Parents Can Do

Explaining Divorce to Children

<http://ohioline.osu.edu/hyg-fact/5000/5161.html>

Language to Use and Not to Use Possible Reactions of Children to Divorce

Teens and Divorce: What Hurts and What Helps?

<http://ohioline.osu.edu/flm02/FS11.html>

What hurts?

What Helps?

Recommendations

Children of Divorce-A Parenting Program

<http://www.nnfr.org/curriculum/topics/divorce/childdiv.html>

The Effects of Divorce on Children

<http://ceinfo.unh.edu/Family/Documents/divorce.pdf>

This handout covers: 1) Age of children 2) Gender effect 3) helping children adjust to divorce

Stepfamilies: For Kids-How does divorce affect you?

<http://www.aacap.org/publications/factsfam/divorce.htm>

Focus on Kids: The Effects of Divorce on Children

<http://www.nccc.org/Child.Dev/effectsdivorce.html>

This handout covers:

- 1) A Common Understanding
- 2) What Causes Stress for Children
- 3) More Strategies for Parents
- 4) How Long Should the Adjustment Take?
- 5) Places to Look for Help
- 6) Children's Books on Divorce

SINGLE PARENTING

Single-parent Families in Poverty

<http://www.hec.ohio-state.edu/famlife/bulletin/volume.1/bullart1.htm>

This handout covers:

- 1) Effects on Children
- 2) Child Care Costs
- 3) Poverty's Effects on Parenting

Single Parenting: Co-Parenting after Divorce

http://ceinfo.unh.edu/Family/Documents/s_share.pdf

This handout covers: 1) Do I want to co-parenting 2) what may be included in a co-parenting arrangement 3) co-parenting decisions 4) keep in mind 5) help children adjust 6) when parent disagree

Single parenting: Loss of a Relationship

http://ceinfo.unh.edu/Family/Documents/s_loss_r.pdf

This handout covers:

- 1) It used to be us, now it just to me
- 2) Shock and disorganization
- 3) Denial
- 4) Angry
- 5) Loneliness
- 6) Guilt/Shame
- 7) Evaluation of relationship
- 8) What areas are a challenge for you
- 9) Positive steps to cope with loneiness

Divorced Dads- Making the Most of Visitation

<http://ohioline.osu.edu/hyg-fact/5000/5309.html>

This handout covers:

- 1) flexible
- 2) Avoid over-scheduling
- 3) Don't push
- 4) Give them their space
- 5) You're still a dad

Developing a Parenting Plan: A Guide for Divorcing Parents

<http://muextension.missouri.edu/xplor/hesguide/humanrel/gh6130.htm>

This handout covers:

- 1) The legal and practical aspects of a parenting plan
- 2) The parenting plan
- 3) Building in changes

Abstract: Parenting Through Divorce: An Educational Program for Divorcing Parents

<http://www.nnfr.org/curriculum/topics/divorce/divabs.html>

Abstract: Parenting Apart: A Guide for Separated and Divorced Families

<http://www.cyfernet.org/abstracts/8-2001idaho.html>

STRESS

Divorce Matters: Coping with Stress and Change

<http://www.nncc.org/Parent/copestress.html>

This handout covers:

- 1) Stress
- 2) Restructuring
- 3) Losing significant relationships, possessions, and dreams
- 4) Changing identity
- 5) Taking charge of your life
- 6) Adjusting to divorce

Holiday Stress and Divorce Families

http://www.nncc.org/Curriculum/sac12_holiday.stress.html

CO-PARENTING

Parenting Issues in Divorcing Families

<http://www.hec.ohio-state.edu/FAMLIFE/divorce/parent.htm>

This handout covers:

- 1) Children's living arrangements after divorc
- 2) Sharing parenting after divorce
- 3) Working out coparenting
- 4) Coparental patterns

Now That We're divorced, how can we parenting together?

<http://www.humsci.auburn.edu/parent/divorce/index.html>

This handout covers:

- 1) You can help your children adjust to the divorce
- 2) Why should divorced parents try to get along with each other?
- 3) What if there are serious problems?
- 4) You can help yourself adjust to the divorce.
- 5) What are the most important things to remember

Divorce Matters -Visitation Dos and Don'ts

<http://www.nncc.org/Parent/visitdo.html>

This handout covers:

- 1) parenting goals
- 2) Smooth Visitations
- 3) Visitation dos
- 4) Visitation don'ts

OTHER ISSUES OF DIVORCE

Grounds for Divorce in the United States

<http://patriot.net/~crouch/50states/>

Focus on Families: Divorce and Adults

<http://muextension.missouri.edu/xplor/hesguide/humanrel/gh6601.htm>

This handout covers:

- 1) The legal divorce
- 2) The emotional divorce
- 3) Preparing and planning
- 4) Separating
- 5) Forming new relationships
- 6) The economic divorce
- 7) The co-parental divorce
- 8) Single parents with physical custody
- 9) Nonresidential parents
- 10) The community divorce
- 11) The psychic divorce

Dating during divorce isn't wise

<http://www.divorceonline.com/>

Putting Nonresidential Fathers Back Into The Family Portrait

<http://www.hec.ohio-state.edu/famlife/bulletin/volume.2/bull23f.htm>

Divorce matters: Managing income and expenses

<http://www.extension.iastate.edu/Publications/PM1720.pdf>

This handout covers: 1) Change 2) Income-expense gap 3) Follow the plan 4) Financial security

Divorce Matters: Separating your finance

<http://www.extension.iastate.edu/Publications/PM1719.pdf>

This handout covers:

- 1) Dividing property
- 2) Dealing with debt

Coping with Separation & Divorce

http://www.nnfr.org/curriculum/topics/sep_div.html

This handout covers:

- 1) Separation and Divorce
- 2) Parenting Unmarried
- 3) Helping Children Cope
- 4) Restructuring the Family
- 5) Advocating for Children in
- 6) Family Transitions

Divorce Matters: Talking with your child's other parent

<http://www.exnet.iastate.edu/Publications/PM1640.pdf>

This handout covers:

- Relationships between former spouses
- Open communication lines
- Tips for communication

Family change: Separation and Divorce

<http://www.oznet.ksu.edu/library/famf2/mf2539.pdf>

This handout covers:

- 1) personal and adjustments
- 2) Legal Issues Financial Matters

Nonresidential Parenting After Divorce

<http://www.montana.edu/wwwpb/pubs/mt200203.html>

Article:

Latest Report on trends of Cohabitation, Marriage, Divorce, and Remarriage in the United States

http://www.cdc.gov/nchs/data/series/sr_23/sr23_022.pdf

© 2003 [Dr. Francesca Adler Baeder](#)