

# **List of Books on Divorce for Kids and Parents**

**Compiled by  
Colleen Holbrook, LICSW, CMHS**

“It’s Not Your Fault, Koko Bear” by Vicky Lansky.

This book is a read-together book for young children, approximately 4-7 years.

“My Parents Still Love Me Even Though They’re Getting Divorced,” Lois V. Nightingale, 1996.

“The Dinosaur’s Divorce,” Brown, Laura Krasny & Brown, Marc, 1986.  
Ages 2-8 years.

“Two Homes,” Masurel, Clarie & Denton, Kady McDonald, 2003.

“Not Damaged Goods” by Anne Newton Walther, MS.

This book offers strategies for children of divorce from infancy to adulthood.

“Don’t Divorce Your Children” by Jennifer M. Lewis MD & William A.H. Sammons, MD. This book has the children and their parents talking about divorce.

“My Parents Are Divorced Too” -A book for kids by kids. by Melanie, Anne & Steven Ford as told to Joan Blackstone-Ford.

“Helping Children Cope with Divorce” by Edward Teyber.

This book comes recommended by a colleague who read it during her divorce.

“Making Divorce Easier on Your Child” -50 effective ways to help children adjust.  
By Nicholas Long, Ph.D., & Rex Forehand, Ph.D..

“Helping Your Kids Cope with Divorce the Sandcastle Way,” Neuman, Gary M.

“I Don’t Want to Talk About It,” Ranson, Jeane Franz.

“What in the World to do When Your Parents Divorce,” Winchester, Ken.

“Standing on My Own Two Feet,” Schmitz, Tamara.

“Was it the Chocolate Pudding?” Levins, Sandra & Langdo, Bryan.