

Four Books to Help Children Cope with a Changing Family Dynamic



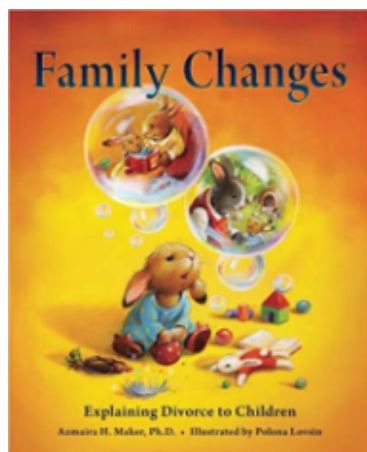
Many families experience some level of stress and or change to their typical dynamic. Such changes could include separation, divorce, loss of a family member, birth of a new family member and more. These stressors can be hard to cope with at any age. As an adult,

you may find yourself struggling to support your own worries and adjustment, let alone those of your child or children. The best way to help them is to allow them to talk about their worries and thoughts, and to educate them on what is happening, why it happens, and that this is a common issue that other people can relate to.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help parents, children, and teens adapt to a changing family dynamic and/or family stress. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns about family stress or change. Come back regularly, as the links are updated frequently.

Below are a number of great books aimed at helping your child

adjust to the changing family dynamics, whatever the change may be. With the help of these books, we, at South County Child and Family Consultants, hope that you and your child may begin to find peace during these changing family times.



[Family Changes: Explaining Divorce to Children](#)

By Azmaira H. Maker

Amazon Review: Family Changes: Explaining Divorce to Children is an outstanding book that is gentle, positive, and validating for both children and adults. With an excellent parent guide about the value of talking to children about their feelings, a highly sensitive and engaging story with exquisite illustrations, and an effective list of questions that children typically ask, this book is essential reading for divorcing families, and for therapists and advocates working with children of divorce. – Sandra A. Graham-Bermann, Ph.D., Professor of Psychology and Psychiatry, University of Michigan



[Why Do Families Change?: Our First Talk About Separation and Divorce](#) By Dr. Jillian Roberts

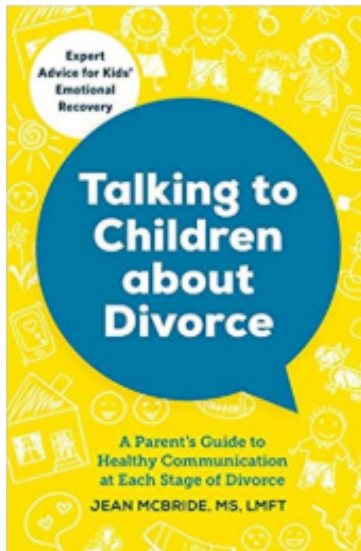
Amazon Review: “Children will feel understood and less alone when they realize they’re not the only ones with these questions. And they will appreciate the simple, honest answers and their reassuring tone...Why Do Families Change? takes a complicated topic that’s difficult to talk about, and breaks it down into simple, matter of fact answers. Its reassuring tone is helpful to both children and parents.”, Butterfly Books blog



[The Invisible String](#) By Patrice Karst

Amazon Review: “Delivers a particularly compelling message in today’s uncertain times that though we may be separated from

the ones we care for, love is the unending connection that binds us all.”—The American Academy of Pediatrics



Talking to Children about Divorce: a Parent's Guide to Healthy Communication at Each Stage of Divorce **By Jean McBride**

Amazon Review: “Jean McBride has created an excellent resource for parents coping with the challenges of divorce and parenting. Reflecting her oft-used suggestion in the book to ‘gently and compassionately’ approach various situations, McBride models this method beautifully, using a gentle approach with compassionate understanding for parents in an extremely difficult situation. McBride has created a step-by-step manual with concrete, scripted examples of how to approach children and what to say for a comprehensive array of issues. She has spot-on observations, while integrating information about normal child development with the needs and processes of divorce. Know that I will highly recommend this book to all of my clients confronting divorce.”- Rebecca Jedel, PhD, Licensed Clinical Psychologist