

Read

Zero to Three



Purpose

Divorce and Separation Resources for Children under 3

Information Covered

- What to Say
- What to Expect
- What to Do
- Co-Parenting Tips

How to access:

- Scan the QR code or
- Search “zero to three divorce under 3” in search engine (ex: Google)

Today's Parent



Purpose

Age by age guide: talking to children about divorce and separation

Information Covered

- 0 - 5 Years
- 6 - 11 Years
- 12 - 14 Years
- Suggestions for Further Reading

How to access:

- Scan the QR code or
- Search “today's parent telling children about divorce” in search engine (ex: Google)

North Dakota State University



Purpose

Guide to navigating divorce and separation with children

Information Covered

- How children see divorce
- Children's Responses
- Difficult Issues

How to access:

- Scan the QR code or
- Search “NDSU talking to children about divorce” in search engine (ex: Google)

Yale Medicine



Purpose

Helping children cope with Divorce

Information Covered

- Explains “best interests” of the child
- Single parent advice
- When to seek counseling

How to access:

- Scan the QR code or
- Search “yale medicine children cope with divorce” in search engine (ex: Google)

Association for Behavioral and Cognitive Therapies



Purpose

Using Cognitive Behavioral Therapy to help with divorce and separation

Information Covered

- Explaining Divorce
- Legalities and Children
- Disagreements
- Trouble Spots
- Ways to get help

How to access:

- Scan the QR code or
- Search “ABCT helping children cope with divorce” in search engine (ex: Google)