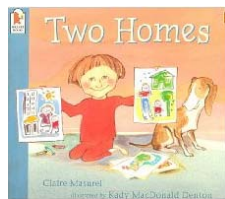

Communicating with children and young adults

A 15 year old work experience student recently visited the Family Team at Nockolds. She kindly completed a book review of reading and online resources for children who are coping with parental separation.

She has helpfully prepared the reviews below and has given her permission for them to be used to assist you in obtaining age appropriate materials that you may wish to consider purchasing for your children. We have chosen to keep to her writing style as it is a young adult review on childrens and young adults books.

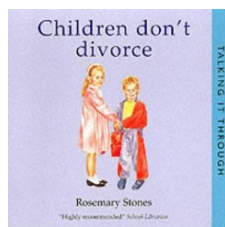
This is not an exhaustive or exclusive list of the titles available for children.

Two Homes by Claire Masurel and Kady McDonald (ISBN 0744589258)



This is a really good book! This would be very good for a younger age group as it is very simple, but has a lot of meaning. Children will understand the book easily and it will make children feel like they are not the only people in the world with two homes, two bedrooms and two of everything. The boy in the book loves having two of everything so it may make children going through their parents divorce feel like they can learn to love it as well.

Children Don't Divorce by Rosemary Stones and Nicholas Spoor (ISBN 1903285305)



I think this is a really good book because it talks a lot about the different changes that happen and how children feel and deal with these changes. Once the girl got her feelings out in the open and talked about them with her friends and a welfare officer, life becomes easier. Although there are new partners involved they are not replacing the mother or father and after a while the child realises this. This helps both the child and the parents.

Ages 4-11

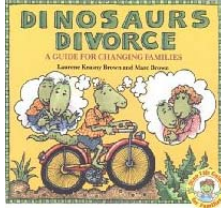
When Katie's Mum and Dad Separated by Sarah, Duchess of York (ISBN 9781906260040)

I think this book is good for many reasons. Firstly, because it describes Katie's feelings and how they change during the story. At the start she is sad because her mum and dad are separating which is natural, however, towards the end she discovers that it is for the best. The book really shows that, her parents are much happier when they are apart, which makes Katie feel happier. Also, the Mum and Dad still love Katie the same and both want what is best for her. Once Katie realises this, she is a much happier person.

Ages 5-10

Dinosaurs Divorce by Marc Brown and Laurie Krasny-Brown

(ISBN 0316109967)

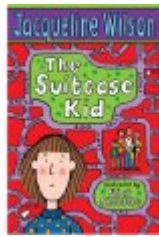


I think that this book is extremely good because it is like a guidebook to the feelings and changes that may occur when your parents are going through divorce. All the feelings you may feel are described and it helps you to understand why parents do things and how you can help and stay happy. The book goes through from the start of divorce to the end and after when there may be new partners and different locations of living. I think it is very good because it explains a variety of reasons why things are happening and a range of different emotions. It gives you advice on how to: live with one parent, have two homes, telling your friends, meeting new people, celebrating holidays etc. I think this book can help children really well because it suits a range of different family situations.

Ages 5-13

The Suitcase Kid by Jacqueline Wilson

(ISBN 0440867738)



The Suitcase Kid is very good and aimed at an older audience. It goes through the divorce and feelings involved in a lot of detail, which is good. However, at the end of the book she starts to be very negative and decides not to get on with future stepparents/ stepbrothers and sisters. At the end she is very happy with her families and thinks of it as 'easy as ABC.' During the book she chooses to be quite stubborn in getting on with people, I think she would have found it much easier from the beginning if she wasn't like that. Everybody wanted to love her she just wouldn't always let them in. Also she uses Radish her rabbit to talk to as a friend, I like this because it will make her feel less lonely.

Ages 9 upwards