



**FOCUS**  
ON THE FAMILY

## Resource List: Children & Divorce

The resources listed here align with Focus on the Family's philosophy and mission. Call us at 1-800-A-FAMILY, or visit our online store at [store.focusonthefamily.com](http://store.focusonthefamily.com). (Information is regularly updated, but it's still possible that an item originally available from Focus on the Family is now unavailable.) You might also be interested in content posted on our website at [focusonthefamily.com](http://focusonthefamily.com).

### Included

[Books](#)  
[Broadcasts and Other Audio](#)  
[Q&As and Resource Lists](#)  
[Referrals](#)

### Books

**101 Ways to Be a Long-Distance Super Dad ... Or Mom, Too!** by George Newman (2006) • 9780939894024 •

Improve communication with your children through letters, phone calls, emails, vacations, hobbies, sporting events, games, bedtime stories, and more.

**Children of Divorce: Helping Kids When Their Parents Are Apart** by Debbie Barr (2009) • 9780310287414 •

Barr speaks candidly about how children respond to divorce and the changes it imposes on their lives. But she also reveals how Christianity in action can make a difference by providing hope and healing.

**Co-Parenting Works!** by Tammy Daughtry (2011) • 9780310325529 •

Daughtry shares strategies you and your former spouse can implement to help your children thrive—how to integrate stepparents into your co-parenting team.

**Help! My Family's Messed Up** by Emily Parke Chase (2008) • 9780825424380 •

This book offers guidance for teens living in troubled families or recovering from broken homes, abuse, and other traumas.

**Helping Children Survive Divorce** by Dr. Archibald D. Hart (1997) • 9780849939495 •

Hart examines the effects of divorce on each person in the family, especially children. Topics include resentment, worry, self-esteem, depression, anger, guilt, rejection, and fear of abandonment.

**Hope No Matter What: Helping Your Children Heal After Divorce** by Kim Hill and Lisa Harper (2008) • 9780800725280 •

(not currently available through Focus on the Family)

Based on Hill's personal story, this devotional helps single parents guide children through the fallout of divorce. Find hope through faith in God and processing feelings and fears together.

**What Children Need to Know When Parents Get Divorced** by William Coleman (1998) • 9780764220517 • ages 6 to 12

This book gives tender advice to children whose parents are going through or have gone through divorce. Each short reading speaks directly to a child's feelings, fears, and questions.

## Broadcasts & Other Audio

**Co-Parenting: Helping Your Child Thrive After Divorce** (Ron Deal, Tammy Daughtry) • 9781624714863 •

Deal and Daughtry bring solid advice and insights into the world of the divorced parent who wants to help their children grow up in a healthy, loving environment—while cooperating as much as possible with the former spouse.

**Surviving Divorce and Single Parenthood** (Susan Birdseye) • 9781624712678 •

After 17 years of marriage and 5 children, Birdseye’s husband chose to leave her for another woman. With transparency and grace, she describes the devastating effects of that choice on her and her children—and she shares of God’s unending mercies in the midst of heartache and uncertainty.

**Adventures in Odyssey®: On Thin Ice #7** • 9781589972346 •

“Monty’s Christmas” explores the themes of the effects of divorce on children and the importance of strong families.

**Adventures in Odyssey®: Other Times, Other Places #10** • 9781589972865 •

The “Emotional Baggage” episode discusses the importance of not holding grudges after parents get divorced.

**Adventures in Odyssey®: Meanwhile, in Another Part of Town #14** • 9781589972902 •

Children of divorced parents often hope that their parents will remarry. The “Father’s Day” episode in this album helps a child in that situation face the reality that this may not occur.

**Adventures in Odyssey®: The Sky’s the Limit #49** • 9781589974739 •

In “Life in the Third Person,” Mandy’s parents separate, and she tries to get away from her troubles but ends up in an accident. In the hospital, she shares her feelings with her parents, who decide to work on their relationship with God’s help.

## Focus on the Family Q&As and Resource Lists

### Q&As

- [focusonthefamily.com/family-q-and-a](http://focusonthefamily.com/family-q-and-a)  
Browse our Q&As for advice and encouragement.

### Resource Lists

- [focusonthefamily.com/family-q-and-a/resources-and-referrals](http://focusonthefamily.com/family-q-and-a/resources-and-referrals)  
Find recommended resources and referrals listed by topic, including the following:

- **Comfort & Encouragement** • RL003 •
- **Parenting** • RL017 •
- **Remarriage & Blended Families** • RL068 •
- **Single Parenting** • RL041A •
- **Separation & Divorce** • RL041 •

## Referrals

### Focus on the Family Counseling Consultation Line

If you’re struggling and need someone to talk to, [Focus on the Family offers a free phone counseling consultation with a licensed counselor](#). Call 1-855-771-HELP (4357), Monday through Friday, 6:00 AM to 8:00 PM (MT). Our staff may need to call you back, but they’d love to speak with you.

### Focus on the Family’s Christian Counselor Network

Search for licensed Christian counselors in your area: [FocusOnTheFamily.com/FindACounselor](http://FocusOnTheFamily.com/FindACounselor)