

Co-Parenting  
Just Got  
Easier !



# DIVORCE & CO-PARENTING **RESOURCES**

WEBSITES APP PODCASTS BOOKS VIDEOS

Dr. Garin D. Vick

## **CO-PARENTING RESOURCES**

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## CO-PARENTING RESOURCES

### DISCLAIMER

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**CO-PARENTING RESOURCES**  
**SERVICES PROVIDED BY DR. VICK**

“Helping families before, during, and after divorce.”

FORENSIC SERVICES

*(ALL require a court order)*

Reunification Therapy  
Family Integration Therapy  
Court-Qualified Parenting Coordinator  
FL Supreme Court Certified Family Mediator  
Expert Witness Services  
Professional Consultation  
Collaborative Divorce Coach / Neutral Facilitator  
Specialized Treatment & Consultation with Court-Involved Children & Families  
Court-ordered Mental Health Evaluations / Psychological Evaluations  
Competency Evaluations (Juvenile & Adults)

CLINICAL SERVICES

*(no court order required)*

Individual Therapy  
Family Therapy  
Psychological Testing  
Giftedness Evaluations  
Co-Parenting Divorce Consultant

**\*Accepting New Clients for All Services Listed Above.**

## **CO-PARENTING RESOURCES**

I aim to provide **R**esources, **I**nformation, **S**upport, and **E**ducation to court-involved families, judges, and professionals working within the family court system.

The following is a compilation of co-parenting resources I've collected and want to share to make it easier for co-parents to find information.

**YOU HAVE PERMISSION TO SHARE ANY OF THE INFORMATION IN THIS PDF DOCUMENT WITH YOUR CLIENTS OR ANYONE ELSE YOU BELIEVE THIS INFORMATION WOULD HELP.**

### **Upcoming Topics Include:**

- Reunification Therapy: A Guide for Parents and Professionals
- What a Therapist Would Want in a Court Order for Therapy/Reunification Therapy
- Parenting Plans 101 and Beyond: Two Parts
- Creating and Implementing a Child-Focused Parenting Plan
- You Have Your Parenting Plan: Now, How Do You Implement It
- How to **P.R.O.T.E.C.T.** Your Child(ren) in a High-Conflict Co-parenting Relationship
- Resolving Conflict Without Destroying Your Children

## CO-PARENTING RESOURCES

### CO-PARENTING WEBSITES & BLOGS

[Alisa Jaffe Holleron](#) (Study & learn new ways of helping parents after divorce)

[Beanstak Mums](#) (Single mother blog)

[Bonus Families](#) (Co-parenting advice for divorced parents & stepfamilies)

[BlendedFamilyFrappe.com](#) (Resources for Step-Parents)

[BlendedandBlack.com](#) (Blended family issues)

[Child & Family \(Blog\)](#) (Blogs written by top researchers)

[ConfessionsofParenting.com](#) (Resources for creating positive memories)

[Co-Parenting Into The Future](#)

[Co-Parenting Solutions, LLC \(Blog\)](#)

[CoParenter](#)

Custody Junction

[DailyStrength-](#) Breakups & Divorce Support Group

[Divorce & Children \(Blog\)](#) (Support to raise happy, confident, & secure kids)

[DivorceHelpForDads.com](#) (Tools and Resources)

## CO-PARENTING RESOURCES

[DivorceHQ.com](http://DivorceHQ.com)

[DivorceInfo.com](http://DivorceInfo.com)

[Divorce Magazine](http://DivorceMagazine.com) (Divorcemag.com)

[Divorced Moms](http://DivorcedMoms.com)

[Divorcenet.com](http://Divorcenet.com)

[Fatherly](http://Fatherly.com) (Parenting advice for Fathers)

[GreatDad.com](http://GreatDad.com) (Resources for divorced fathers)

[HelpGuide.org](http://HelpGuide.org) (Children & Divorce)

[Institutedfa.com](http://Institutedfa.com) (Surviving Financially After Divorce)

[KidsFirst](http://KidsFirst.com) (Making children's voices heard)

[Mediate.com](http://Mediate.com) (Everything Mediation)

[OneMom'sBattle](http://OneMom'sBattle.com) (Custody Resources)

[Reddit: r/Divorce](http://Reddit.com/r/Divorce)

[SeeMammaGo.com](http://SeeMammaGo.com) (Parenting tips & self-care)

[SmartParentAdvice.com](http://SmartParentAdvice.com) (Parenting advice)

[StepFamilies.info](http://StepFamilies.info) (National Stepfamily Resource Center)



## CO-PARENTING RESOURCES

[SurviveDivorce.com](http://SurviveDivorce.com) (Support through every stage of divorce)

[Woman'sDivorce.com](http://Woman'sDivorce.com) (Good site to find resources)

[Talking Parents: Parenting Resources](#)

### CO-PARENTING APPS

AI Family Law (AI assistant for legal)

[AppClose](#) (Totally free co-parenting apps)

[Amicable Coparenting](#)

[coParenter](#) (Team of professionals who provide conflict resolution in real-time)

CoParenta

CoPilotCoparenting

[Cozi](#)

[Custody Connection](#)

Custody Junction

[Custody X Change](#) (useful feature is its custody plan template)

[DComply Coparenting Expenses](#)

Divorce Ledger

## CO-PARENTING RESOURCES

[Divvito Messenger](#)

[FamCal](#)

[Fayr](#) (geo-location)

Fuzie

Kidganizer

Goparent - Positive parenting app

[Kiido](#) (Communication, Collaboration, and Coordination)

[MyFam](#)

[One Family Vault](#)

[Onward Coparenting](#) (Best App for tracking co-parent expenses)

Our Day

[Our Family Wizard](#) (Best App for co-parent communication, custody calendar)

Peaceful Contact

[Peaceful CoParenting Messenger](#)

Share(d) (Shared calendar & Organizer)

[Smart Coparent](#)

[2Houses](#) (Allows you to set up different families on the same account)

[Talking Parents](#)

## **CO-PARENTING RESOURCES**

[TimeTree](#)

[Truece](#)

[Unbroken Homes](#)

[WeParent](#)

## **SOCIAL NETWORKING WEBSITES & APPS**

[Coparent Chat](#)

[Coparent Connect](#)

[Co-ParentMatch App](#)

[Coparent Support Network](#)

Divorced Chat

[Divorcemag.com](#)

[Divorcee Match](#)

[Divorced Dadvocate](#) (Helping Dads Navigate Divorce)

[Divorced Moms.com](#)

Divorce Source (mobile notes collator & diary)

[My Mob](#)

[National Responsible Fatherhood Clearinghouse](#)

## CO-PARENTING RESOURCES

### SELF-CARE WEBSITE & APPS

[AislesofLife.com](http://AislesofLife.com) (Multitude of topics for self-improvement)

[Better Beyond Divorce](#) (Health & Fitness)

[BetterMe](#) (Fight Stress, Sleep Better)

[Calm](#) (Sleep, Meditation, Relaxation)

[CBT Therapy](#) (Anxiety & Depression Self Care)

[Circles](#) (Emotional Support)

Clarity Divorce Coaching

Daylio Journal (Mood Tracker, Health, Fitness)

Day One Journal (Gratitude, Travel, Daily Notes)

Divorced Chat

[Divorcee Match](#)

DivorcePlus (Divorce educational resources)

Divorce Source (Mobile notes collator & diary)

[FitMind](#) (Mental Fitness)

[Habit Tracker](#) (Goal Tracker & Daily Planner)

[HeadSpace](#) (Sleep & Meditation)

## CO-PARENTING RESOURCES

[Insight Timer](#) (Meditation for Sleep & Anxiety)

[JeFit](#) (Weight Lifting Routine Tracker)

[Meetup](#) (Social Events & Groups/Meet New People & Make Friends)

[Mend](#) (Self Care For Breakups)

[Oak](#) (Meditation & Breathing)

[Talkspace](#) (Therapy and Support)

[Ten Percent Happier](#) (Calm, Relax, Insights & Sleep)

[Think Up](#) (Daily Affirmation App)

[Waking Up](#) (Meditation & Wisdom)

## CO-PARENTING RESOURCES

### CO-PARENTING BOOKS

<b>Parenting After Divorce:</b> <i>Resolving Conflicts and Meeting Children's Needs</i>	Phillip Stahl
<b>Co-Parenting with a Toxic EX:</b> <i>What to Do When Your Ex-Spouse Tries to Turn the Kids Against You</i>	Amy J. Baker
<b>Mom's House, Dad's House</b>	Isolina Ricci
<b>Co-Parenting Tool Kit:</b> <i>The Essential Supplement to Mom's House, Dad's House</i>	Isolina Ricci
<b>Co-Parenting After Divorce:</b> <i>A GPS for Healthy Kids</i>	Debra Carter
<b>Child-Centered Co-Parenting</b>	Tracey Duff
<b>The Co-Parent's Handbook:</b> <i>Raising Well-Adjusted, Resilient and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults</i>	Karen Bonnell
<b>Mindful Co-Parenting:</b> <i>A Child-Friendly Path Through Divorce</i>	Jeremy Gaies James Morris
<b>Co-Parenting vs Parallel Parenting:</b> <i>Divorce the Toxic EX While Dealing with Kid's Visitation Schedule and Parenting Plans</i>	Stephen Anthony
<b>Quick Guide to Co-Parenting After Divorce:</b> <i>Three Steps to Your Children's Healthy Adjustment</i>	Lisa Gabardi
<b>The Co-Parenting Survival Guide: Letting Go of Conflict after a Divorce</b>	Elizabeth Thayer
<b>Co-Parenting 101:</b> <i>Helping Your Kids Thrive in Two Households After Divorce</i>	Deesha Philyau
<b>Keeping it Classy:</b> <i>Co-Parenting Strategies for Unstoppable Moms and Devoted Dads</i>	Monyetta Shaw
<b>Families Apart:</b> Ten Keys to Successful Co-Parenting	Melinda Blau
<b>Self-Centered Co-Parenting</b>	Kathleen Bird

## CO-PARENTING RESOURCES

<b>Successful Co-Parenting with a Toxic EX:</b> <i>A Guided Journal to Support and Encourage You and Your Children</i>	Susan Buniva
<b>Healthy Children of Divorce in 10 Simple Steps</b>	Shannon Paulsen
<b>Joint Custody with a Jerk:</b> <i>Raising a Child with an Uncooperative EX</i>	Judy Corcoran
<b>Parenting Apart:</b> <i>How Separated and Divorced Parents Can Raise Happy and Secure Kids</i>	Christina McGhee
<b>Cooperative Communication:</b> <i>Tips to Improve Coparenting</i>	Jennifer Shupert
<b>Nesting After Divorce:</b> <i>Co-Parenting in the Family Home</i>	Beth Behrendt
<b>How to Co-parent During the Holidays:</b> <i>Tips for Coparenting Success &amp; Reducing Stress</i>	Diane Windsor
<b>Productive Co-Parenting Responses:</b> <i>The Coparents Communication Pocket Guide</i>	Kevin Scott
<i>How I'm Trying Not to Heal from</i> <b>Punch My Coparenting Journal</b>	Machenzie Lamont
<b>CoParent with Heart:</b> <i>A Mindset Reset that will Improve your Parenting Relationship</i>	J.C. Riojas
<b>CoParenting:</b> <i>A Conceptual &amp; Clinical Examination of Family Systems</i>	James McHale
<b>Between Two Homes:</b> <i>A Co-Parenting Workbook</i>	Bradley Craig
<b>Co-Parenting:</b> <i>The Conscious Parent's Guide</i>	Jenna Flowers
<b>The CoParent's Communication Handbook:</b> <i>Answers to Your Top 20 Questions</i>	Susan Boyan
<b>Divorce Proof Your Children:</b> <i>They Should not be Pawns in the Battle of Divorce</i>	Amanda Smith
<b>Don't Divorce Your Children:</b> <i>Children &amp; Their Parents Talk About Divorce</i>	Jennifer Lewis
<b>Divorced Fathers:</b> <i>Children's Needs and Parental Responsibilities</i>	Edward Kruk
<b>Divorcing with Kids</b>	Richard Sherman
<b>On Divorce:</b> <i>An Open Family Book for Parents and Children Together</i>	Sara Stein

## CO-PARENTING RESOURCES

- The Parent's Guide to Birdnesting:** *A Child-Centered Solution to Co-Parenting During Separation and Divorce* Ann Buscho
- Divorce with Children:** *Recovering from Divorce and Putting Your Life Back on Track. Dealing with Divorce, Your Ex, Children and Everything in Between* Jamie Tyler
- The 7 Fatal Mistakes Divorced & Separated Parents Make:** *Strategies for Raising Healthy Children of Divorce and Conflict* Shannon Rios
- Co-Parenting Through Separation and Divorce:** *Putting Your Children First* David Hill
- How to Talk to Your Children about Divorce:** *Understanding What Your Children May Think, Feel, and Need* Jill Soderman
- When Parents Part:** *How Mothers and Fathers can Help Their Children Deal with Separation and Divorce* Penelope Leach
- In Their Shoes:** *Helping Parents Better Understand and Connect with Children of Divorce* Lauren Reitsema
- Beyond Marital Conflict:** *Divorce Recovery for You and Your Children* Bob Livingston
- Divorce Decisions:** *Practical Ways to Protect Yourself and Your Wallet* Marjorie Just
- For the Sake of the Children:** *The Oversimplified Undersized Parenting Guide for Divorced Moms and Dads* Roseanne Farano
- The Rights of Children in Separation and Divorce:** *The Essential Handbook for Parents* Robert Prall
- Respectful Parents, Respectful Kids** Sura Hart
- Don't Divorce Us:** *Kid's Advice to Divorcing Parents* Rita Flanagan
- Raising Good Humans:** *A Mindful Guide to Breaking the Cycle of Reactive Parenting and Raising Kind, Confident Kids* Hunter Fields



## CO-PARENTING RESOURCES

### BLENDED FAMILIES

<b>Co-Parenting Advice from Stepmoms:</b> <i>Tips for Stepmotherhood</i>	Tiffany Payette
<b>Building Love Together in Blended Families</b>	Gary Chapman
<b>Step Parenting: 50 One-Minute Dos &amp; Don'ts for Stepdads &amp; Stepmoms</b>	Randall Hicks
<b>Blended Family:</b> <i>Workbook &amp; Journal</i>	Erainna Wiinnett
<b>Stepparenting:</b> <i>Becoming a Stepparent</i>	Mathew Masimo
<b>Parents are Forever:</b> <i>A Step-by-Step Guide to Becoming Successful Co-parents After Divorce</i>	Shirley Thomas
<b>Blissfully Blended Bull Shit:</b> <i>The Uncomfortable Truth of Blending Families</i>	Rebecca Eckler
<b>Stepfamily Marriage:</b> <i>Keys to Success in the Blended Family</i>	Ron Deal
<b>Beyond the Brady Bunch:</b> <i>Hope &amp; Help for Blended Families</i>	Ray Alsdorf
<b>Step Family Handbook:</b> <i>From Dating to Getting Serious to Forming a Blended Family</i>	Karen Bonnell
<b>Blended Families</b>	Tamika Murray
<b>The Luckiest Child:</b> <i>Becoming a Blended Family</i>	Zoie Seay
<b>Step-Parent Survival Guide</b>	Lilla Henderson
<b>The Courage to be a Stepmom</b>	Sue Thoele
<b>Managing the Blended Family:</b> <i>Steps to Create a Stronger, Healthier, Stepfamily and Succeed at Step Parenting</i>	Kathie Thomson
<b>My Bonus Mom:</b> <i>Taking the Step Out of Stepmom</i>	Tami Butcher
<b>Bea is for Blended</b>	Lindsey Stoddard
<b>The Step-parent's Survival Guide:</b> <i>Positive advice for achieving a successful step-family</i>	Hilary Boyd

## CO-PARENTING RESOURCES

<b>Blend:</b> <i>The Secrets to Co-Parenting and Creating a Balanced Family</i>	Mashonda Tifrerre
<b>Wisdom on Stepparenting:</b> <i>How to Succeed Where Others Fail</i>	Diana Wisdom
<b>How to be the Best Step Mom:</b> <i>A Step-By-Step Guide to Help You Cope with Stepparenting and Becoming the Best At It</i>	Rosalie Harlan
<b>Step Parenting:</b> A Parent's Guide to Create a Happy Blended Family	Awakening Books
<b>Wonderful Ways to Be A Stepparent</b>	Judy Ford
<b>The Smart Step-Family:</b> <i>Seven Steps to a Healthy Family</i>	Ron Deal
<b>Blended Families:</b> <i>Steps To Help You Become a Strong Family And Succeed In Step-Parenting</i>	Lilli Morgan
<b>The Step Parents' Parachute:</b> <i>The Four Cornerstones to Good Step-Parenting</i>	Flora McEvedy
<b>Winning the Heart of Your Stepchild</b>	Bob Barnes
<b>Step Families</b>	James Bray
<b>Stepmotherhood</b>	Cherie Burns
<b>The Blended Family Sourcebook</b>	David Chedekel
<b>Smart Step Family</b>	Ron Deal
<b>Wonderful Ways to be a Stepparent</b>	Judy Ford
<b>Making the Best of Second Best</b>	Kathleen Fox
<b>Building your Step-family</b>	Susan Gamache
<b>The Stepparent's Survival Guide</b>	Susan Zieghan
<b>7 Steps to Bonding with your Stepchild</b>	Susan Zieghan
<b>Remarried with Children</b>	Barbara LeBey

## CO-PARENTING RESOURCES

<b>Yours, Mine, and Hours</b>	John Penton
<b>Step-living for Teens</b>	Joel Block
<b>The Step-Tween Survival Guide</b>	Lisa Cohn
<b>All Families are Special</b>	Norma Simon
<b>HELP! <i>A Girls Guide to Divorce and Stepfamilies</i></b>	Nancy Holyoke
<b>If I Have a Wicked Stepmother</b>	Melissa Kantor
<b>I Have a New Family Now</b>	Robin Monroe
<b>Remarried with Children</b>	Barbara LeBey
<b>Building Your Step Family</b>	Susan Gamache

## BOOKS ON DIVORCE

<b>The Unexpected Legacy of Divorce: <i>The 25-Year Longitudinal Study</i></b>	Judith Wallerstein
<b>War or Peace: <i>Avoid the Destruction of Divorce Court</i></b>	Joryn Jenkins
<b>Champions of Collaborative Divorce: <i>Changing the Way the World Gets Divorced</i></b>	Joryn Jenkins
<b>The Good Divorce: <i>Keeping Your Family Together When Your Marriage Comes Apart</i></b>	Constance Ahrons
<b>The Divorce and Divorce Therapy Handbook</b>	Martin Textor
<b>The Divorce Handbook</b>	James Friedman
<b>Nolo's Essential Guide to Divorce</b>	Emily Doskow
<b>Divorce: <i>Common Mistakes &amp; How to Protect Your Money, Children, &amp; Future</i></b> <i>Divorce and Children, Parenting and Divorce &amp; Family Problems</i>	Daniel Owens
<b>Marriage, Divorce, &amp; Children in Ancient Rome</b>	Beryl Rawson

## CO-PARENTING RESOURCES

<b>The Difficult Divorce:</b> <i>Therapy for Children &amp; Families</i>	Marla Isaacs
<b>Second Chances:</b> <i>Men, Women, and Children a Decade After Divorce</i>	Judith Wallerstein
<b>The Collaborative Divorce Advantage:</b> <i>Divorce Consciously to Protect Your Children &amp; Avoid Financial &amp; Emotional Bankruptcy</i>	Kevin Chroman
<b>Collaborative Divorce:</b> <i>Helping Families Without Going to Court</i>	Forrest Mosten
<b>Choices:</b> <i>When Divorce Happens to You and Your Children</i>	Lisa Suggs
<b>Divorce Hangover</b>	Anne Walther
<b>Navigating Divorce:</b> <i>Advice for Moms and Their Children</i>	Ella Brookfield
<b>The Consequences of Divorce:</b> <i>Economic and Custodial Impact on Children and Adults</i>	Craig Everett
<b>Solomon's Children:</b> <i>Exploding the Myths of Divorce</i>	Glynnis Walker
<b>The High-Conflict Custody Battle</b>	Michael Boone
<b>The New Rules of Divorce:</b> <i>Twelve Secrets to Protecting Your Wealth, Health, and Happiness</i>	Jacqueline Newman
<b>The Designed Divorce:</b> <i>How to Preserve Your Wealth and Peace of Mind in Divorce</i>	Jen Lawrence

## PARENTING PLANS

<b>Building a Parenting Agreement: That Works:</b>	Mimi Zimmelman
<b>The Parenting Plan Workbook</b>	Karen Bonnell
<b>Precious Time:</b> <i>The Psychology of Effective Parenting with Parenting Plans</i>	Galen Cole
<b>Parenting Plans for Families After Divorce</b>	John McWilliams
<b>Parenting Plans:</b> <i>Meeting the Challenges with Facts and Analysis</i>	Daniel Hynan

## CO-PARENTING RESOURCES

### DIVORCE & CHILDREN

<b>The Masked Murder:</b> <i>A Story of Divorce and How it Affects Your Children</i>	William Mitchell
<b>How to Tell Children Their Parents are Divorcing</b>	Tiziana Capocaccia
<b>Divorce and It's Effects on Children</b>	Lisa Pennington
<b>Divorce:</b> <i>Causes and Effects on Children</i>	Tatiana Philips
<b>Children of Divorce:</b> <i>Developmental and Clinical Issues</i>	Craig Everett
<b>When Children Grieve:</b> <i>For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving &amp; Other Losses</i>	John James
<b>Between Two Worlds:</b> <i>The Inner Lives of Children of Divorce</i>	Elizabeth Marquardt
<b>Putting Children First:</b> <i>Proven Parenting Strategies for Helping Children Thrive Through Divorce</i>	JoAnne Carroll
<b>The Parents Book About Divorce</b>	Richard Gardner
<b>Helping Kids Cope With Divorce:</b> <i>The Sandcastles Way</i>	Gary Neuman
<b>The Divorced Parent's Challenge:</b> <i>Eight Lessons to Teach Children Love and Forgiveness</i>	Cheryl Grabenstein
<b>Broken Families, Splintered Children:</b> <i>Poetic Perspectives from Surviving the Devastation of Divorce, the roads to recovery and the celebration of renewal</i>	Donna Clementoni
<b>The Boys And Girls Book About Divorce</b>	Richard A. Gardner
<b>Divorce Book for Parents:</b> <i>Helping Your Children Cope with Divorce and Its Aftermath</i>	Vicki Lansky
<b>Children &amp; Divorce:</b> <i>Parenting Tips to Help Your Family Cope and Adjust</i>	ShaRon Rea

## CO-PARENTING RESOURCES

<b>Helping Children Cope With Divorce:</b> <i>Revised Edition</i>	Edward Teyber
<b>Helping Your Children Through Your Divorce:</b> <i>A Complete Guide to Helping Your Children Deal with Divorce</i>	Florence Bienenfeld
<b>The D-Word---</b>	
<b>Adolescents After Divorce</b>	Christy Buchanan
<b>Growing Up Divorced</b>	Linda Francke
<b>Caught in the Middle:</b> <i>Protecting the Children of High-Conflict Divorce</i>	C.B. Garrity
<b>In the Name of the Child</b>	J.R. Johnson
<b>The Essential Guide to Children &amp; Separation:</b> <i>Surviving Divorce &amp; Family Break Up</i>	Jennifer Croly
<b>Effects of Divorce on Children</b>	Waln Brown
<b>The Divorce Talk-How to Tell the Kids:</b> <i>A Parent's Guide to Breaking the News Without Breaking Their Hearts</i>	Vikki Stark
<b>Children Coping with Your Divorce?</b> <i>What Parents Can Do to Help</i>	Renee Ettline
<b>The Rights of Children in Separation And Divorce:</b> <i>The Essential Handbook For Parents</i>	Robert Prall
<b>Helping Your Kids Survive Your Divorce</b>	Thomas Whiteman
<b>Children and Divorce:</b> <i>101</i>	Craig Hawley
<b>Divorce, Family Structure and the Academic Success of Children</b>	William Jaynes
<b>Growing Up with Divorce:</b> <i>Helping Your Child Avoid Immediate &amp; Later Emotional Problems</i>	Neil Kalter
<b>Divorce And Children:</b> <i>Impact of Divorce &amp; Effective Ways to Help Kids &amp; Parents Survive</i>	Wendy O'Connor

## CO-PARENTING RESOURCES

<b>Talking To Children About Divorce:</b> <i>A Parent's Guide to Healthy Communication at Each Stage of Divorce</i>	Jean McBride
<b>Helping Children Survive Divorce:</b> <i>What to Expect; How To Help</i>	Archibald Hart
<b>Making Divorce Easier On Your Child:</b> <i>50 Effective Ways To Help Children Adjust</i>	Nicholas Long
<b>Filicide-Suicide:</b> <i>The Killing of Children in the Context of Separation, Divorce and Custody Disputes</i>	Kieran O'Hagan
<b>How to Talk so Little Kids Will Listen:</b> <i>A Survival Guide to Life with Children Ages 2-7 –</i>	Joanna Faber
<b>The Whole-Brain Child:</b> <i>12 Revolutionary Strategies to Nurture Your Child's Developing Mind</i>	Daniel J. Siegel
<b>What Children Need to Know When Parents Get Divorced</b>	William Coleman
<b>The Great Divorce Study Guide For Teens</b>	Alan Vermilye
<b>Divorce and Teens:</b> <i>When a Family Splits Apart</i>	Elizabeth Price
<b>Divorce and Loss:</b> <i>Helping Adults and Children Mourn When a Marriage Comes Apart</i>	Joshua Ehrlich
<b>It Happened to Me:</b> <i>Divorce</i>	Kathlyn Gay
<b>Divorce and Children:</b> <i>Answers</i>	Brian Harris
<b>Children and Divorce :</b> <i>Helping When Life Interrupts</i>	Amy Baker
<b>Divorce and Dreams:</b> <i>Deciphering the Hopes and Intentions of Children</i>	Boubker Ajib
<b>Helping Children of Divorce:</b> <i>A Handbook for Parents and Teachers</i>	Susan Diamond
<b>Divorcing with Children:</b> <i>Expert Answers to Tough Questions from Parents and Children</i>	Jessica Lippman
<b>The Divorce Revolution:</b> <i>The Unexpected Social and Economic Consequences for Women and Children in America</i>	Lenore Weitzman



## CO-PARENTING RESOURCES

### CHILDREN'S BOOKS ABOUT DIVORCE (Ages 3-8)

<b>Two Homes</b> (3-7)	Claire Masurel
<b>Dinosaur Divorce</b> (4-8)	Laurene Brown
<b>My Family's Changing</b> (4-7)	Pat Thomas
<b>The Invisible String</b> (4-8)	Patrice Karst
<b>What Makes a Family?</b>	Hannah Bruner
<b>It's Not Your Fault, KoKo Bear</b> (3-7)	Vicki Lansky
<b>The Rabbit Listened</b>	Cori Doerfeld
<b>The Ring Bearer</b> <i>Blended Families</i>	Floyd Cooper
<b>A Brand New Day: Banana Split Story</b> (3-6)	A.S. Chung
<b>Was It the Chocolate Pudding?</b> (5-6) <i>A Story for Little Kids About Divorce</i>	Sandra Levins
<b>Fred Stays with Me</b> (4-8)	Nancy Coffeit
<b>When My Parents Forgot to Be Friends</b> – (4-7)	Jennifer Moore
<b>Here and There</b> (3-8)	Tamara Smith
<b>Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce</b> (3-5)	Tamara Schmitz
<b>Why Don't We All Live Together Anymore?</b> (3-6)	Emma Waddington
<b>Living With Mom and Living With Dad</b> (3-7)	Melanie Walsh
<b>My Family's Changing</b> (4-7)	Pat Thomas
<b>Monday, Wednesday, and Every Other Weekend</b> (3-6)	Karen Stanton
<b>Mom and Dad Glue</b> (5-8)	Kes Gray



## CO-PARENTING RESOURCES

<b>Two Old Potatoes and Me</b> (5-8)	John Coy
<b>The Invisible String</b> (4-8)	Patrice Karst
<b>A Day with Dad</b> (4-8)	Bo Holmberg
<b>Mama and Daddy Bear's Divorce</b> (3-6)	Cornelia Spellman
<b>Cory Helps Kids Cope With Divorce: <i>Playful Therapeutic Activities for Young Children</i></b> (4-8)	Liana Lowenstein
<b>My Parents Still Love Me: <i>Even Though They're Getting Divorced</i></b> (4-8)	Lois Nightingale
<b>Why a Daughter Needs a Dad</b> (3-7)	Gregory Lang
<b>Why Do Families Change?: <i>Our First Talk About Separation and Divorce</i></b> (3-7)	Jillian Roberts

## CHILDREN'S BOOKS ABOUT DIVORCE (Ages 8-12)

<b>Divorce is a Grown Up Problem: <i>A Book About Divorce for Young Children and Their Parents</i></b>	Janet Sinberg
<b>I Don't Want to Talk About It</b> (5 and up)	Jeanie Ransom
<b>What Can I Do? A Book for Children of Divorce</b> (8-12)	Danielle Lowry
<b>Divorce Is Not the End of the World</b> (8-12)	Zoe Stern
<b>Now What Do I Do?: <i>A Guide to Help Teenagers with their Parents' Separation or Divorce</i></b>	Lynn Kapusinski
<b>A Kid's Book About Divorce</b> (5-9)	Ashley Simo
<b>My Mom and Dad Don't Live Together Anymore</b> (4-12)	Judith Rubin
<b>How it Feels When Parents Divorce</b> – (8-up)	Alfred Knopf

## CO-PARENTING RESOURCES

**What in the World Do You Do When Your Parents Divorce?**

*A Survival Guide for Kids (7-12)*

Kent Winchester

**Emily's Blue Period**

Cathleen Daly

**A Family Is A Family Is A Family Is A Family**

Sara O'Leary

**Amber Brown is Green With Envy (6-10)**

Paula Danzinger

**HELP!: A Girl's Guide to Divorce and Stepfamilies**

Nancy Holyoke

**Weekends With Max and His Dad: Road Trip With Max and His Mom**

Linda Urban

**The Accidental Adventures of India McAllister (8-11)**

Charlotte Agell

**I, Cosmo: Love Can Teach an Old Dog New Tricks (8-13)**

Carlie Sorosiak

**The Great Treehouse War (8-12)**

Lisa Graff

**Dear Mr. Henshaw: Letters About His Parent's Divorce (8-12)**

Beverly Clearly

**Kids are Non Divorceable: A Workbook for Divorced Parents & Their Children (6-9)**

Sara Bonkowski

**Dear Sweet Pea: Co-parenting (8-12)**

Julie Murphy

**The Lost Boy's Gift (8-11)**

Kimberly Willis

**One-Third Nerd- (8-12)**

Gennifer Choldenko

**How Tia Lola Came to (Visit) Stay (8-12)**

Julia Alvarez

**A Kids Book About Divorce (5-9)**

Ashley Simpo

**Two Homes Filled With Love (4-10)**

Steve Herman

**Mom and Dad Got A Divorce (5-10)**

Ben King

**We Will Always Love You (4-10)**

Ethan Arabov

**When Your Parents Divorce: A Kid-to- Kid Guide to Dealing with Divorce (10-13)**

Kimberly King

Dr. Garin D. Vick

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Drgvick@gmail.com / www. Drgvick.com

## CO-PARENTING RESOURCES

- What Can I Do?:** *A Book for Children of Divorce.* (8-12) Danielle Lemry
- Mom and Dad Love Me the Same** (4-11) Melisa Torres
- Getting Through My Parents' Divorce:** *A Workbook for Children Coping with Divorce, Parental Alienation, and Loyalty Conflicts* (5-12) Amy Baker

### CHILDREN'S BOOKS ABOUT DIVORCE (Ages 13-17)

- Now What Do I Do?:** *A Guide to Help Teenagers with Their Parents' Separation or Divorce* (10-17) Lynn Cassella
- Surviving Divorce:** *Teens Talk About What Hurts and What Helps* (12-15) Trudi Trueit
- Teens are Non Divorceable:** *A Workbook for Divorced Parents & Their Children* (12-18) Sara Bonkowski

### BOOKS ON CONFLICT-RESOLUTION

- Getting to Yes:** *Negotiating Agreement Without Giving In* Roger Fisher
- Bargaining for Advantage:** *Negotiation Strategies for Reasonable People* Richard Shell
- Boundaries Face To Face:** *How to Have That Difficult Conversation You've Been Avoiding* Henry Cloud
- High-Conflict People in Legal Disputes:** *Second Edition* Bill Eddy
- BIFF:** *Quick Responses to High-Conflict People, Their Personal Attacks, Hostile Email and Social Media Meltdowns- Second Edition* Bill Eddy
- BIFF:** *For Coparent Communication-Your Guide to Difficult Coparent Texts, Emails and Social Media Posts* Bill Eddy

## CO-PARENTING RESOURCES

<b>It's All Your Fault at Work: Managing Narcissists and Other High Conflict People</b>	Bill Eddy
<b>Calming Upset People With EAR: <i>How Statements Showing Empathy, Attention and Respect Can Quickly Defuse a Conflict</i></b>	Bill Eddy
<b>How to Disagree Without Being Disagreeable</b>	Suzette Elgin
<b>The High-Conflict Co-Parenting Survival Guide: <i>Reclaim Your Life One Week At A Time</i></b>	Megan Hunter
<b>So What's Your Proposal</b>	Bill Eddy
<b>Defusing the High-Conflict Divorce: <i>A Treatment Guide for Working with Angry Couples</i></b>	Bernard Gaulier
<b>High-Conflict Divorce for Women: <i>Your Guide to Coping Skills and Legal Strategies for All Stages of Divorce</i></b>	Debra Doak
<b>Impasse of Divorce: <i>The Dynamics and Resolution of Family Conflict</i></b>	Janet Johnston
<b>Not on Speaking Terms</b>	Michael Bruun
<b>Difficult Conversations: <i>How to Discuss What Matters Most</i></b>	Douglas Stone
<b>Bargaining for Advantage</b>	Richard Shell
<b>How to Deal with Parents who are Angry, Troubled, Afraid, or Just Plain Crazy</b>	Elaine McEwan
<b>Why Does He Do That: <i>Inside the Minds of Angry and Controlling Men</i></b>	Lundy Bancroft
<b>The Art and Science of Mediation</b>	Cheryl Picard
<b>The Divorce Mediation Book</b>	Paula James
<b>Using Divorce Mediation</b>	Katherine Stoner
<b>Crucial Conversations</b>	Kerry Patterson
<b>Disagreements, Disputes, and All-Out War</b>	Gini Scott
<b>Changing the Conversation</b>	Dana Caspersen

## CO-PARENTING RESOURCES

<b>The Power of A Positive No</b>	William Ury
<b>Getting Past No</b>	William Ury
<b>The Third Side:</b> <i>Why We Fight and How We Can Stop</i>	William Ury
<b>Words That Work:</b> <i>It's Not What You Say, It's What People Hear</i>	Frank Luntz
<b>Radical Collaboration:</b> <i>Five Essential Skills to Overcome Defensiveness and Build Successful Relationships</i>	James Tamm
<b>Barriers to Conflict Resolution</b>	Kenneth Arrow
<b>Impasses of Divorce</b>	Janet Johnston
<b>Why Parents Disagree:</b> <i>How Women and Men Parent Differently and How We Can Work Together</i>	Ron Taffel
<b>The Narcissistic Parent:</b> <i>A Guidebook for Legal Professionals Working with Families in High-Conflict Divorce</i>	C.A. Childress
<b>Will I Ever Be Free of You?:</b> <i>How to Navigate a High-Conflict Divorce from a Narcissist</i>	Karyl McBride
<b>Caught in the Middle: Protecting the Children of High-Conflict Divorce</b> Mitchell Baris	Carl Garrity
<b>How to Divorce a Narcissist and Win</b>	Marie Sarantakis
<b>Family Mediation:</b> <i>Facts and Myths</i>	Connie Beck

## CO-PARENTING RESOURCES

### ALIENATION, ESTRANGEMENT & REUNIFICATION THERAPY

<b>Divorce Poison:</b> <i>How to Protect Your Family from Bad-mouthing and Brainwashing</i>	Richard Warshak
<b>Don't Alienate the Kids!:</b> <i>Raising Resilient Children While Avoiding High Conflict Divorce</i>	Bill Eddy
<b>Understanding Parental Alienation:</b> Learning to Cope, Helping to Heal	Karen Woodall
<b>Parental Alienation:</b> <i>The Handbook for Mental Health and Legal Professionals</i>	William Bernet
<b>Alienated:</b> <i>The Seven Deadly Emotions of Parental Alienation Syndrome</i>	Gerry Van Mansfield
<b>From Heartbreak to Healing:</b> <i>Resolving Parental Alienation</i>	Cara Koch
<b>Litigating Parental Alienation</b>	Ashish Joshi
<b>Parents Acting Badly:</b> <i>How Institutions and Societies Promote the Alienation of Children From Their Loving Families</i>	Jennifer Harman
<b>The Parental Alienation Syndrome:</b> <i>Second Edition</i>	Richard Gardner
<b>Parental-Alienation:</b> <i>Playbook and Three-Quarters Custody-A Father Speaks Out</i>	Julian Andrews
<b>Overcoming the Alienation Crisis:</b> <i>33 Co-Parenting Solutions</i>	Shawn McCall
<b>The Essentials of Parental Alienation Syndrome:</b> <i>It's Real, It's Here and It Hurts</i> Robert Evans	Michale Bone
<b>Ex's &amp; Oh's:</b> <i>Dealing with Parental Alienation and Healing Through the Pain</i>	J.K. Nation
<b>The Revealing Scars:</b> <i>An Inside Look at Parental Alienation</i>	Dwilene Lindsey
<b>Good Parent Bad Parent:</b> <i>Understanding Parental Alienation</i>	Michael Hobbs
<b>Parental Alienation: Science and Law</b>	D. Lorandos

## CO-PARENTING RESOURCES

<b>Battling the Brainwashing:</b> <i>Effective Strategies for Dealing with Parental Alienation</i>	Allison Williams
<b>Parental Alienation is Abuse</b>	David Shuber
<b>Parental Alienation:</b> <i>How to Recognize the Signs and Support Your Partner</i>	Shelly Ware
<b>Adult Children of Parental Alienation Syndrome:</b> <i>Breaking the Ties that Bind</i>	Amy Baker
<b>Working with Alienated Children and Families</b>	Amy Baker
<b>The High-Conflict Custody Battle: Protect Yourself &amp; Your Kids from a Toxic</b>	
<b>Divorce, False Accusations &amp; Parental Alienation</b>	Amy Baker
<b>The Handbook on Surviving Parental Alienation:</b> <i>Coping with Parental Alienation</i>	Terilynn Bradshaw
<b>Parental Alienation Syndrome and Me: One Father's Story and Poems</b>	David Goodman
<b>A Family's Heartbreak:</b> <i>A Parent's Introduction to Parental Alienation</i> Joel Davies	Michael Jeffries
<b>Divorce Casualties:</b> <i>Protecting Your Children From Parental Alienation</i>	Douglas Darnall
<b>Surviving Parental Alienation:</b> <i>A Journey of Hope and Healing</i>	Amy Baker
<b>Foundations:</b> <i>An Attachment-Based Model of Parental Alienation</i>	C.A. Childress
<b>The Child Who Hates Her Father and The Mother Who Caused It!</b>	Cleland James
<b>Combating Parental Alienation and its Impact on Children</b>	Kelly Peterson
<b>Parental Alienation is Abuse:</b> <i>One Mother's Nightmare and Her Fight for Justice</i>	Barbara Dircksen
<b>Out of Touch:</b> <i>When Parents and Children Lose Contact After Divorce</i>	Geoffrey Greif
<b>Putting Kids First in Divorce:</b> <i>How to Reduce Conflict, Preserve Relationships and Protect Your Children During and After Divorce Even if You're Dealing with an Antagonistic Ex</i>	Karen Bonnell



## CO-PARENTING RESOURCES

**Therapeutic Interventions for Children with Parental Alienation Syndrome** Richard Gardner

### SELF CARE & PERSONAL DEVELOPMENT

<b>What You Can and What You Can't:</b> <i>The Complete Guide to Successful Self-Improvement</i>	Martin Seligman
<b>10% Happier</b>	Dan Harris
<b>Going to Pieces Without Falling Apart</b>	Mark Epstein
<b>Meditation For Beginners</b>	Jack Cornfield
<b>Radical Acceptance:</b> <i>Embracing Your Life with the Heart of Buddha</i>	Tara Brach
<b>The Four Agreements:</b> <i>A Practical Guide to Personal Freedom</i>	Don Miguel Ruiz
<b>The Mastery of Love</b>	Don Miguel Ruiz
<b>The Obstacles the Way:</b> <i>The Ancient Art of Turning Adversity to Advantage</i>	Ryan Holiday
<b>Ego is the Enemy</b>	Ryan Holiday
<b>The Gift of Fear:</b> <i>And Other Survival Signals that Protect Us From Violence</i>	Gavin DeBecker
<b>The Happiness Hypothesis:</b> <i>Finding Modern Truth in Ancient Wisdom</i>	Jonathan Haidt
<b>The 32K Format:</b> <i>The Co-parents Guide to Becoming a Better Person &amp; a Better Parent</i>	Kevin Scott
<b>Psychopath Free:</b> <i>Recovering From Emotionally Abusive Relationships with Narcissists, Sociopaths, &amp; Other Toxic People</i>	Jackson (aka Peace)
<b>Death of a Fairy Tale:</b> <i>Celebrating Life with Dignity after Divorce</i>	D.L. Mars



## CO-PARENTING RESOURCES

<b>Divorce Care:</b> <i>Hope, Help, and Healing During &amp; After Your Divorce</i>	Steven Grissom
<b>Boundaries:</b> <i>When To Say Yes, How To Say No To Take Control of Your Life</i>	John Townsend
<b>Why People Believe Weird Things</b>	Michael Shermer
<b>Metaphors We Live By</b>	George Lakoff
<b>Tiny Habits</b>	BJ Fogg
<b>Living With a Seal</b>	Jesse Itzler
<b>The Gifts of Imperfection</b>	Brene' Brown
<b>Checklist Manifesto</b>	Atul Gawande
<b>The Worry Trick</b>	David Carbonell
<b>Change Your Brain, Change Your Life</b>	Daniel Amen
<b>People Can't Drive You Crazy If You Don't Give Them the Keys</b>	Mike Bechtle
<b>Zebras Don't Get Ulcers:</b> <i>A Guide to Stress, Stress Related Diseases, and Coping</i>	Robert Sapolsky
<b>Spark:</b> <i>The Evolutionary New Science of Exercise and the Brain</i>	John Ratey
<b>The Emotional Life of Your Brain</b>	Richard Davidson
<b>The Tao of Health, Sex, and Longevity</b>	Daniel Reid
<b>The Miracle Morning</b>	Hal Elrod
<b>Flow:</b> <i>The Psychology of Optimal Experience</i>	Mihaly Csikszentmihalyi
<b>Mindset</b>	Carol Dweck
<b>Today Matters</b>	John Maxwell
<b>Mindless Eating</b>	Brian Wansink
<b>Meditation for Beginners</b>	Jack Kornfield
<b>The Mindful Way Through Anxiety</b>	Susan Orsillo

## CO-PARENTING RESOURCES

<b>Real Happiness:</b> <i>The Power of Meditation</i>	Sharon Salzberg
<b>The Social Animal</b>	David Brooks
<b>The Paradox of Choice:</b> <i>Why More is Less</i>	Barry Schwartz
<b>The Freedom Journal</b>	John Lee Dumas
<b>Atomic Habits:</b> <i>Tiny Changes, Remarkable Results</i>	James Clear
<b>Discipline Equals Freedom</b>	Jocko Willink
<b>Own the Day, Own Your Life</b>	Aubrey Marcus
<b>Free Will</b>	Sam Harris
<b>The Four Hour Workweek</b>	Tim Ferriss
<b>The Four-Hour Body</b>	Tim Ferriss
<b>Adult Children of Divorce:</b> <i>Breaking the Cycle &amp; Finding Fulfillment in Love, Marriage, &amp; Family</i>	Edward Beal
<b>Love Must Be Tough</b>	James Dobson
<b>The Subtle Art of Not Giving a F*ck:</b> <i>A Counterintuitive Approach To Living A Good Life</i>	Mark Manson
<b>Forgiving What You Can't Forget</b>	Lysa Terkeurst
<b>But You Seemed Happy:</b> <i>A Marriage, In Pieces And Bits</i>	Kimberly Harrington
<b>Cleaning Up Your Mental Mess</b>	Caroline Leaf
<b>Something Gained:</b> <i>7 Shifts To Be Stronger, Smarter, &amp; Happier</i>	Deb Purdy
<b>Getting Past Your Breakup:</b> <i>How To Turn A Devastating Loss Into The Best Thing That Ever Happened To You</i>	Susan Elliott

## CO-PARENTING RESOURCES

<b>Splitting:</b> <i>Protecting Yourself While Divorcing Someone with Borderline Or Narcissistic Personality Disorder</i>	Bill Eddy
<b>Generation EX:</b> <i>Adult Children of Divorce &amp; the Healing of Our Pain</i>	Jen Abbas
<b>Prince Charming Isn't Coming</b> <i>How Women Get Smart About Money</i>	Barbara Stanny
<b>The Art of Self-Care</b> <i>12 Practical and Inspiring Ways to Love Yourself and More</i>	Cheryl Richardson
<b>Too Good To Leave, Too Bad To Stay:</b> <i>A Step-By-Step Guide To Help You Decide Whether To Stay In Or Get Out Of Your Relationship</i>	Mira Kirshenbaum
<b>I Wish I Knew This Before My Divorce:</b> <i>Ending The Battle Between Holding On And Letting Go</i>	Diane O. Foster
<b>Living &amp; Loving After Betrayal</b>	Steven Stosny
<b>It's Ok That You're Not Ok:</b> <i>Meeting Grief and Loss in a Culture That Doesn't Understand</i>	Megan Devine
<b>How to Survive the Loss of a Love</b>	Harold Bloomfield
<b>Divorce &amp; Splitting Up: Advice from a Top Divorce Lawyer</b>	Marilyn Stowe
<b>When the Body Says No:</b> <i>The Cost of Hidden Stress</i>	Gabor Mate
<b>Codependent No More: How to Stop Controlling Others and Start Caring for Yourself</b>	Melody Beattie
<b>Broken Open:</b> <i>How Difficult Times Can Help Us Grow</i>	Elizabeth Lesser
<b>Stop Wrecking My Home:</b> <i>How To Come Out of a Broken Marriage in One Piece</i>	Lauren McKinley
<b>Riding the Dragon:</b> <i>10 Lessons for Inner Strength in Challenging Times</i>	Robert J. Wicks

## CO-PARENTING RESOURCES

**How to Cope with Divorce as a Man:** *Survival Tips for Man and*

*How to Begin a New Life After Divorce*

Darlene McCarthy

**Never Again! Dating After Divorce:** *How to Protect Yourself, Your Children  
and Your Assets*

James Graham

**The Ten Things to Do When Your Life Falls Apart:** *An Emotional and  
Spiritual Handbook*

Daphne Kingma

**Don't Take It Personally:** *Transform Rejection into Self-Acceptance*

Elayne Savage

**What To Say When You Talk To Yourself**

Nora Helmstetter

## **CO-PARENTING RESOURCES**

### DIVORCE-RELATED PODCASTS

- The Divorce Survival Guide with Kate Anthony
- Divorce Sucks Your Life Doesn't Have To
- How Not To Suck AT Divorce
- The Divorce & Separation Podcast
- Divorce and Beyond with Susan Guthrie, Esq.
- Divorcing a Narcissist: The Lure, The Loss, & The Law with Dr. Sup Rita McKenna & Karin Walker
- Men's Divorce Podcast - Cordell & Cordell
- Dear Divorce Diary with My Coach Dawn
- Divorce Etc with The Experts with T.H. Irwin & Jessica King
- Divorce and Your Money with Shawn Leamon, MBA,
- The Divorce Field Guide with Ani Mason, Esq.
- Surviving Divorce Podcast with G.D. Lengacher: Life Coach
- Journey Beyond Divorce with Karen McMahan
- Divorce Stories with Attorney Dennis Vetrano
- American Divorce Stories with Walid El Jebbari
- Divorce Sucks! with Laura Wasser
- Get Over Divorce with Julie Danielson
- The Divorce Resource Guy Podcast with Jason Levoy
- My Crazy Divorce
- Divorce: The First Six Months with Peter Maestrey
- Dating Marriage Divorce Conversations with Igor Meystelman
- Divorced Not Dead with Caroline Stanbury
- The Divorce Doctor with Elizabeth Cohen, Ph.D.
- Divorce Source Radio
- Donuts and Divorce: A Family Law Podcast with Dorothy O'Neil, Esq
- Conversations About Divorce with Mandy Walker
- WTF Divorce with Rob Roseman
- Divorce Conversations for Women with Rhonda Noordyk
- Relationship Radio with Dr. Joe Beam & Kimberly Beam Holmes
- Divorce Team Radio Hosted by Leh Meriwether & Todd Orston
- Divorce and Other Things You Can Handle
- Starting Over Stronger: Divorce, Survival, & Recovery with Annie Allen
- The Divorce Course Podcast with Laura & Lyn

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## **CO-PARENTING RESOURCES**

### VIDEOS ON CO-PARENTING, DIVORCE & SELF-CARE

#### **TED TALKS ON YOUTUBE**

#### CO-PARENTING & DIVORCE

“How to co-parent as allies, not adversaries.”	Ebony Roberts
“The beautiful, hard work of co-parenting”	Joel Leon
“Divorce: It’s Not About You”	Jillian Wells
“The Impact of Divorce on Children”	Tamara Afifi
“Ticked-Off Teen Daughters & Stressed-Out Moms”	Colleen O’Grady
“How to Rock Your Divorce”	Renee Williams
“What You Don’t Know About Marriage”	Jenny McCarthy
“Divorce, Separation: Love Your Children Know Matter What	Herve Gwery
“One Dad’s Mission to rebuild Bonds Between Kids and Dads”	Dwight Stitt
“Surviving Divorce”	David Sbarra

## **CO-PARENTING RESOURCES**

### SELF-CARE PERSONAL DEVELOPMENT

“Unstoppable Power of Letting Go”	Sherer Murray
“Body Language in Settlement and Mediation”	Amy Cuddy
“Happiness is a Powerful Force”	Dan Gilbert
“How to Stop Screwing Yourself Over”	Mel Robbins
“Why 30 is Not the New 20”	Meg Jay
“10 Ways to Have a Better Conversation”	Celeste Headlee
“The Magic of Not Giving a F***	Sarah Knig
“Your Body Language May Shape Who You Are	Amy Cuddy
“Get Comfortable with being Uncomfortable”	Luvvie Ajayi
“There is More to Life Than Being Happy”	Emily Esfahani

## **CO-PARENTING RESOURCES**

### **PROFESSIONAL RESOURCES & ASSOCIATIONS:**

[ASSOCIATION OF FAMILY AND CONCILIATION COURTS](#) (AFCC)

[RESOLUTION](#) (ACR)

[ALTERNATIVE DISPUTE RESOLUTION](#) (ADR)

[AMERICAN PSYCHOLOGICAL ASSOCIATION](#) (APA)

[FLORIDA ACADEMY OF COLLABORATIVE PROFESSIONALS](#) (FACP)

[FLORIDA ASSOCIATION OF FAMILY CONCILIATION COURTS](#) (FLAFCC)

[FLORIDA ASSOCIATION OF MARRIAGE & FAMILY COUNSELING](#) (FAMFC)

[FLORIDA BAR ASSOCIATION](#)

[FLORIDA COURTS](#) (Self-Help Information)

[FLORIDA PSYCHOLOGICAL ASSOCIATION](#) (FPA)



## **CO-PARENTING RESOURCES**

[INTERNATIONAL ACADEMY OF COLLABORATIVE PROFESSIONALS \(IACP\)](#)

[INTERNATIONAL ASSOC. OF MARRIAGE & FAMILY COUNSEORS \(IAMFC\)](#)

[NATIONAL ASSOCIATION OF DIVORCE PROFESSIONALS \(NADP\)](#)

[NATIONAL DIVORCE ASSOCIATION FOR PROFESSIONALS \(NDAP\)](#)

[NEXT GENERATION DIVORCE \(NGD\)](#)

[List of Court Qualified Parenting Coordinators](#) (13<sup>TH</sup> Judicial Circuit Hillsborough Court)

[List of Court Qualified Parenting Coordinators](#) (6<sup>th</sup> Judicial Circuit Pasco & Pinellas Court)

[Unified Family Domestic Relations Division](#) (13<sup>TH</sup> Judicial Circuit Hillsborough Court)

[Florida Courts Help App](#) (App provides forms & info. on divorce & other family law issues)

## **CO-PARENTING RESOURCES**

### **FAMILY COURT GLOSSARY OF TERMS:**

**Acknowledgment of Paternity** - A voluntary written statement made by the mother and biological father in which they admit that the man is the father of the child. A properly executed statement has the same legal effect as a court order.

**Adjournment In Contemplation of Dismissal (ACD)** - Adjournment of a proceeding, for a specified period of time, usually six months. If the conditions of ACD are met, then the petition may be dismissed in the furtherance of justice.

**Adjournment**- The rescheduling of a proceeding or a court case until a specified future date.

**Adoption**- Legal proceeding whereby a person or persons take a child or other person as their own child and thereby acquires the rights and incurs the responsibilities of a parent.

**Affiant** - Person who prepares and signs an affidavit.

**Affidavit** - Written statement made under oath.

**Allocution** - When the court advises a party of all of his or her rights, charges, as well as possible outcomes of a matter.

**Amicus Curiae (“Friend of the Court”)** - A person who is not a party to an action but is permitted by the court to present his/her views.

**Appeal** - A proceeding to have a case examined by an appropriate higher court to see if a lower court’s decision was made correctly according to law. Appeals to Family Court proceedings are heard in Appellate Division of the Supreme Court.

**Appearance** - The participation in the proceedings by a party in an action, either in person, by electronic means or through an attorney.

## **CO-PARENTING RESOURCES**

**Appellant** - The party who takes an appeal to a higher court.

**Appellee** - The party against whom an appeal is taken.

**Archives** - A secure facility where old records and files are stored for safekeeping.

**Arrears**- In child/spousal support proceedings monies owed as a result of the respondent's failure to make payments in accordance with a court order.

**ASFA** - Adoption and Safe Families Act of 1997 - Federal Law that established national goals and requirements for children in the child welfare system safety, permanency and well-being.

**Assignment Judge** - The Judge that oversees courtroom in which new cases first appear on a court calendar for service, allocation, adjournments, assignment of counsel and/or issuance of temporary orders.

**Assignment Part** - The courtroom in which new cases first appear on a court calendar for service, allocation, adjournments, assignment of counsel and/or issuance of temporary orders.

**Attorney for Child** - Lawyer assigned by the court to act as a child's attorney.

**Attorney of Record** - Attorney whose name appears in the permanent records or files of a case.

**Adversarial System** - The system of trial practice in the United States and some other countries in which each of the opposing (or "adversary") parties has the opportunity to present and establish opposing positions before the court. Once the parties have presented their case, a judge or jury will a judgment determine based on the evidence provided.

## CO-PARENTING RESOURCES

**Alimony** - Alimony is the money the court orders you to pay to a spouse or ex-spouse after you separate or divorce. Alimony is calculated differently from state to state and country to country.

**Alternative Dispute Resolution** - A method of settling a dispute outside the courtroom. These methods include mediation and arbitration. Most forms of ADR are not binding and involve referral of the case to a neutral party such as an arbitrator or mediator.

**Authority** – The right or power to make decisions, give orders, or to control something or someone.

**Bench Conference** - A meeting between the attorneys and the judge at the judge's bench to discuss an issue in the case or an aspect of the proceedings. It may or may not be part of the official record.

**Best Interest of the Child** - In the context of a custody case, the 'best interest of the child' is the standard that courts use to decide who will take care of the child. Some of the factors courts look at are the age of the child, the health of the child, the emotional ties between the parents and the child, the ability of the parents to care for the child, and the child's ties to school, home, and the community.

**Blended Family** - A family consisting of a couple and their children from this and all previous relationships. An example of a blended family may include a woman with two children from a previous marriage who marries a man with three children from a previous marriage.

**Custody Dispute** - A dispute, by parents, over the custody of their children. The more common or better known method of resolving custody disputes is known as litigation, which involves turning the decisions relating to custody over to the court for resolution. The problem is that litigation is typically stressful, expensive, and contentious.

## **CO-PARENTING RESOURCES**

**Certified Copy**- Copy of a document signed and certified as a true copy by the officer, usually the Clerk of Court, having custody of the original or by other authorized person.

**Child Custody Exchange** - An exchange of the physical custody of a child at the commencement or conclusion of visitation with the child or at other times pursuant to an order for child custody or visitation. In the family law context, custody exchanges fall under the umbrella of “visitation rights” based on the premise that both parents are entitled to spend time with their child(ren), regardless of certain other child custody problems, such as non-payment of child support and other matters. An example of a child custody exchange would be one parent who has had a child for a few days, taking the child to see the other parent so that parent can take care of the child until the other parent is scheduled to do so.

**Child Support** - Court-ordered payments, typically made by a noncustodial divorced parent, to support one’s minor child or children. Payment awards are made by each state’s family court system. Most states require that they be based on the best interests of the child. In addition to determining support in contentious divorce cases, courts review stipulations (agreements) between parents and can overrule an agreement that does not adequately provide for children. Child support

is used to help the custodial parent pay the living expenses associated with bringing up the child. Those expenses can include: food; shelter; clothing; extracurricular activities; as well as many others.

**Collaborative Law** - process in which a couple hires specially-trained lawyers and other professionals who work to help them resolve their conflict out of court.

**Contempt of Court** - An act or omission tending to obstruct or interfere with the orderly administration of justice or to impair the dignity of the Court or respect for its authority.

## **CO-PARENTING RESOURCES**

**Cooperative Parenting** - An innovative program that puts children first while creating promising solutions that focus on education and the prevention of parental conflict in situations of family separation. Cooperative parenting outlines some of the key tasks for parents: to protect their children from adult conflict; to enable their children to have positive relationships with both parents; and to provide children with nurturing, security and stability.

**CoParent** - It refers to a parenting situation where adults share the duties of parenting a child, typically when the child does not live with either parent all of the time. A co parent can be almost anyone who shares parenting responsibilities with someone else.

**Co-Parenting** - A parenting situation where adults share the duties of parenting a child. Coparenting may include a variety of configurations, including two mothers, two fathers, a parent with an adult sibling or grandparent, or a parent and another adult relative. The Coparenting relationship differs from an intimate relationship between adults in that it focuses solely on the child. Its original meaning was mostly related to united families.

**Co-Parenting App** - A software-based app that helps parents co-parent children. The co-parenting app can be computer or phone-based and have a host of functionalities including, but not limited to, shared diaries, expense records, children's profiles, and advice links. Co-parenting apps, because of their real-time application, makes it possible for parents to communicate more effectively than before.

**Custodial Parent** - The parent who is given physical or legal custody of a child by court order. Refers to a parent who has been awarded sole physical custody of a child, or with whom the child primarily lives. The custodial parent is primarily responsible for the day-to-day care of the child. Commonly, parents are assigned joint physical and legal custody, which means they legally share

## **CO-PARENTING RESOURCES**

parental duties, but it is necessary for the court to specifically state, in any custody and visitation order, where the child will spend most of their time.

**Custody Battle** - A legal battle to decide who will get custody of a child.

**Custody Calendar (Time-sharing Calendar)** - Outlines the scheduled standard visitation times, designates where the children will be during holidays, school breaks, and summer vacation, and allows parents to make any changes to the schedule as need arises.

**Ex Parte** - An application to the court made without notice to other parties; an application of only one party.

**Guardian** - In the New York City Family Court, person to whom letters of guardianship have been issued for minor person (under the age of 18 years).

**Guardian Ad Litem (GAL)** - Person appointed by a court to represent a minor or incompetent for purpose of litigation; person does not act as an attorney.

**Hearing** – A proceeding before the court at which an issue of fact or law is heard, evidence presented, and a decision made.

**High-Conflict Co-Parenting** - Coparenting that involves ongoing, unremitting hostility between adults, with drawn-out or frequent court actions. It also refers to an intense level of tension and stress that exists between divorced or separated parents. High conflict parenting is commonplace in divorced or separated parenting relationships. The high level of conflict interferes in joint custody arrangements, and reduces the chances of successful parenting.

**Jurisdiction**– The legal authority to hear legal cases and make judgments; the geographical region of authority to enforce justice.

## **CO-PARENTING RESOURCES**

**Legally Binding** – An agreement that is written and enforceable by law.

**Mediation** - a voluntary and confidential process where you and the other parent work with a neutral mediator to create your own parenting plan.

**Motion** - Application to a court for an order, ruling or decision.

**Motion Granted** - An order granting a specific relief requested in a motion.

**Motion To Dismiss** - An application to the court requesting an the dismissal of a petition.

**Non-custodial Parent** - The parent who does not live with a child.

**Parallel Parenting** - Parallel Parenting is a form of joint child custody order in which authority transfers from parent to parent as the children are exchanged. Each parent is in charge of the decisions regarding the children when the children are in their care. A parallel parenting regime is a mechanism which can be employed where there is high parental conflict, and where a sole custody order is not in the child's best interests.

**Parent Coordination** – is a child-focused dispute resolution process conducted by a licensed mental health or family law professions, or a certified/qualified mediator with practical professional experience with high conflict family cases. Often viewed as an adjunct to the court's efforts to: enforce its orders, limit the judicial resources consumed by an individual family by reducing conflict between parents, and when necessary for adjudication, obtain efficient access to information bearing on the children's best interest.



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**Parent Coordinator (PC)** – seeks to protect and sustain safe, healthy, and meaningful parent-child relationships and assist co-parents engaged in high conflict co-parenting to implement their parenting plan by facilitating the resolution of their disputes in a timely manner; educating co-parents about children’s needs; and with prior approval of the co-parents or the court, making decisions within the scope of the court order or appointment contract.

A (PC) is most typically appointed by the Court after a Legal Decision-Making or Parenting Time order has been entered, to assist the parents in resolving parenting issues. The recommendations made by the PC are binding as long as those recommendations do not exceed the scope of the PC’s authority, as set forth below.

**The PC’s scope of authority** is determined by the Court’s order appointing the PC. A PC’s scope includes the potential of: A. Addressing disputed issues, reducing misunderstandings, clarifying priorities, exploring compromise, developing methods of collaboration in parenting, and ensuring compliance with legal decision-making authority and parenting time orders. B. Making decisions regarding implementation, clarification, and minor adjustments to parenting time orders. C. Making decisions regarding parenting challenges not specified in the parenting plan that are disputed. Examples include disagreements about pick-up and drop off locations, dates and times, holiday scheduling, discipline, health issues, personal care issues, school and extra-curricular activities, choice of schools, and managing problematic behaviors. D. Interviewing and requesting documentation from anyone who has relevant information necessary to resolve a matter currently before a PC. And, The agreement whether on the record or in writing should be clear to set forth all of the requirements under the Rule or it should not be accepted. E. Recommending the Court order the parents or child to participate in ancillary services, to be provided by the Court or third party, including but not limited to, physical or psychological examination or assessment, counseling, and alcohol or drug monitoring, and testing.

## **CO-PARENTING RESOURCES**

**PCs** cannot make decisions that will: 1. Affect child support, spousal maintenance, or the allocation or property or debt; 2. Change legal decision-making authority; or 3. Substantially change parenting time. Confidentiality: The PC process is not confidential.

**Parental Alienation** - Parental alienation is the process, and the result, of psychological manipulation of a child into showing unwarranted fear, disrespect or hostility towards a parent and/or other family members. It is a distinctive form of psychological abuse, towards both the child and the rejected family members, that occurs almost exclusively in association with family separation or divorce, particularly where legal action is involved. It undermines core principles of both the Universal Declaration of Human Rights and the United Nations Convention on the Rights of the Child. Most commonly, the primary cause is a parent wishing to exclude another parent from the life of their child, but other family members or friends, as well as professionals involved with the family, may contribute significantly to the process. It often leads to the long-term, or even permanent, estrangement of a child from one parent and other family members and, as a particularly adverse childhood experience, results in significantly increased lifetime risks of both mental and physical illness.

**Parenting Plan** - A parenting plan is a child custody plan that is negotiated by parents, and which may be included in a marital separation agreement or final decree of divorce. Especially when a separation is acrimonious to begin with, specific agreements about who will discharge these responsibilities and when and how they are to be discharged can reduce the need for litigation. Avoiding litigation spares parties not only the financial and emotional costs of litigation but the uncertainty of how favorable or unfavorable a court's after-the-fact decision will be. Moreover, the agreement itself can authorize the employment of dispute-resolution methods, such as arbitration and mediation, that may be less costly than litigation.

## **CO-PARENTING RESOURCES**

**Petition** - A signed, formal written request to a Family Court, that starts a case and asks for specific assistance from the court.

**Petitioner** - The person or agency filing the petition.

**Respondent** - The person who formally answers the allegations stated in a petition which has been filed in court.

**Restraining Order** - It can be in the form of a temporary or permanent restraining order that protects someone (person, company, entity, etc.) from violence, assault, stalking, etc by keeping the offending party a certain distance from the victim(s) and barring communication. In terms of a temporary restraining order (shortened to TRO) for family law cases, the court keeps conditions as they are (ex. not taking a child out of the county or not selling marital property) until there can be a hearing in which both parties are present.

**Reunification Therapy** – refers to family therapy that is court-ordered and aims to reunite or re-establish a relationship, usually between a parent and a child. It emphasizes attachment, promotes healthy communication, and works to heal injuries in the relationship. There are a range of reasons why a family would attend reunification therapy. Some common reasons include when a parent and child are estranged or separated because of a divisive divorce or custody fights, allegations of abuse, parental alienation, or the return to the home of a child who'd been removed.

## **CO-PARENTING RESOURCES**

**Self-Represented Litigant** - An individual who comes to Family Court to file a petition (or other application) and who has no attorney. (Also referred to as a “pro se” litigant.)

**Separation Agreement** - An oral or written agreement entered into by a still married couple who are preparing for separation or divorce. This agreement outlines all the issues that they would need to resolve before the divorce is final, they may agree on all terms or there may be some that need to be addressed or mediated on.

**Status Conference** – A status conference is a court hearing held during a family law case before the final trial. It provides an opportunity for the judge to review the progress of the case, identify issues, and encourage settlement agreements between parties.

**Stipulated Agreement** - Stipulation is a legal term used to refer to an agreement made between opposing parties during the course of legal proceedings. Parties may stipulate to certain conditions or facts for a variety of reasons, including to avoid delays, and to eliminate the need to use valuable time proving facts that are not in dispute. Any legal stipulation made is filed with the court, becoming legally binding, and part of the official court record.

**Subpoena** - A direction of the court, issued by an attorney or the court, commanding a person to appear in court.

**Supervision / Therapeutic Supervision** - In certain cases, supervision and/or therapeutic supervision of exchanges, parenting time, or third-party visitation is necessary. Supervision of visitation and exchanges allows a parent who presents a risk to the children an opportunity to continue to have parent-child contact while ensuring the children are in a safe environment.

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**Supervised exchanges:** Supervised exchanges may be ordered when the parents have a history of conflict and there is risk of this conflict occurring in front of the children during an exchange. Exchanges of the children should not involve discussions between the parties, particularly when parents have difficulty regulating their emotions and communicating effectively with one another. When the parents have difficulty communicating, the presence of a third party at the exchange can help reduce the chances of conflict in front of the children. Furthermore, when domestic violence has been an issue in the family, a supervised exchange can provide safety for the children and the adult victim. A third party supervising the exchange should be a neutral and non-triggering party to both parents. If both parents do not agree to the third party or if one parent has negative feelings toward that third party, the choice of supervisor can also add to the conflict at the exchanges.

**Supervised parenting time:** Parenting time supervision provides a safe space for the children to visit with the supervised parent and keeps the children safe from abuse, witnessing domestic violence, or being exposed to alcohol or substance abuse situations. A Court may order supervised parenting time as a part of a graduated parenting plan, for example when a parent has had limited contact and rekindling a relationship is necessary. It may also be used as a means for maintaining a relationship when a parent has been determined to be potentially unsafe for the children, such as when substance abuse, mental health concerns, or domestic violence is present. It can also be used as a method to gain additional data during an evaluative process when concerns are raised about a parent.

Evaluators and therapists may use supervised parenting time over the course of a period of time in order to gain data to confirm or reject certain concerns. Supervised parenting time may occur in various settings, including at a Court-approved facility or other agreed-upon facility, in the home, or in a public location. The supervision may be conducted by a Court-approved supervisor, a family member, or friend.

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**Therapeutic Supervision:** This form of supervision applies a therapeutic component to parenting time. This process is used when a parent may need to strengthen parenting skills or is in need of therapeutic change in other areas. The therapeutic supervision can provide a safe environment for the parent and the child to express themselves, to learn additional communication skills and, if needed, to process a history of unpleasant events. Therapeutic supervision can also occur in a graduated process as a way to gain skills while creating a safe environment for children when a variety of concerns may be present, including abuse, neglect, domestic violence, or substance abuse. The cost for all of the above supervised services is borne by the parties in some way, as allocated by the Court. In Juvenile proceedings, the Court most often has resources to assist in supervision services.

## **CO-PARENTING RESOURCES**

### **Family Court Acronyms:**

<b>ADR</b>	Alternative Dispute Resolution
<b>AFI</b>	Affidavit of Financial Information
<b>BIA</b>	Best Interests Attorney
<b>CAA</b>	Court-Appointed Advisor
<b>CFE</b>	Comprehensive Family Evaluation (formerly, Custody Evaluation, also known as Comprehensive Family Assessment)
<b>CS</b>	Child Support
<b>CSW</b>	Child Support Worksheets
<b>CSO</b>	Child Support Order
<b>DCF</b>	Department of Child & Families (formerly, Child Protective Services)
<b>ERC</b>	Early Resolution Conference
<b>EVH</b>	Evidentiary Hearing
<b>FA</b>	Focused Assessment (see also LFA)

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<b>FPPT</b>	Family Preservation
<b>GAL</b>	Guardian Ad Litem
<b>IAC</b>	Inactive Calendar
<b>J &amp; O</b>	Judgment and Order
<b>LDM</b>	Legal Decision-Making (formerly, Legal Custody)
<b>LFA</b>	Limited Family Assessment (see also FA)
<b>MSA</b>	Marriage Settlement Agreements
<b>OPDS</b>	Office of Public Defense Services
<b>PC</b>	Parent Coordination (Parent Coordinator)
<b>PSA</b>	Property Settlement Agreement
<b>PT</b>	Parenting Time (formerly, Physical Custody or Visitation)
<b>RMC</b>	Resolution Management Conference
<b>SM</b>	Spousal Maintenance
<b>STC</b>	Status Conference





# DIVORCE RISE

RESOURCES. INFORMATION. SUPPORT. EDUCATION.

## CO-PARENTING RESOURCES

**TI** Therapeutic Interventionist or Therapeutic Intervention

**TO** Temporary Orders

**UCCJEA** Uniform Child Custody Jurisdiction and Enforcement Act

**UIFSA** Uniform Interstate Family Support Act

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