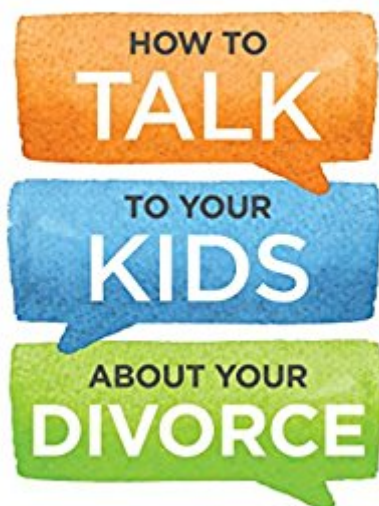


The book was found

How To Talk To Your Kids About Your Divorce: Healthy, Effective Communication Techniques For Your Changing Family

*Healthy, Effective Communication
Techniques for Your Changing Family*



DR. SAMANTHA RODMAN
Founder of DrPsychMom.com



Synopsis

Expert advice for discussing divorce with your childrenWritten by Dr. Samantha Rodman, founder of DrPsychMom.com, *How to Talk to Your Kids about Your Divorce* teaches you how to raise a happy, thriving family in a changing environment. Each page offers expert advice for discussing your decision in healthy and effective ways, including breaking the initial news, fostering an open dialogue, and ensuring that your children's emotional needs are met throughout your separation. With Dr. Rodman's proven communication techniques, you will:

- Initiate honest conversations where your children can express their thoughts
- Discuss divorce-related topics and answer questions in age-appropriate ways
- Validate your children's feelings, making them feel acknowledged and secure
- Strengthen and deepen your relationship with your kids

Whether you're raising toddlers, school-aged children, or young adults, *How to Talk to Your Kids About Your Divorce* will help your kids feel heard, valued, and loved during this difficult time.

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Customer Reviews

I am a clinical psychologist who plans to recommend Dr. Rodman's book to my clients who are struggling to help their children cope in the face of divorce. This book is a gem for divorcing parents who are looking for practical, sound guidance as to how to help their children navigate these muddy (and often treacherous) waters. This book is chock-full of sound strategies to help promote children's resilience in the aftermath of divorce. Dr. Rodman is careful to ground her theory in relatable real-life clinical examples so that her book remains reader-friendly and accessible throughout. Parents who are looking to find better ways to communicate with their co-parent (read the book and you will learn why Rodman eschews the term "ex") and their children (and/or stepchildren) post-divorce will not be disappointed. Also, rather than offering one-size-fits-all advice, Rodman offers ways for the reader to tailor his or her approach depending upon the age/developmental level of the child in question (ranging all the way from toddlerhood to adolescence), the level of conflict between the former spouses, and the agreed-upon custody/visitation arrangement. Best of all, Dr. Rodman's compassion for her intended audience is evident throughout -- she comes across as a wisdom-dispensing ally who is there to offer sage advice regardless of where the reader is in his or her divorce/separation process. In a time when more and more marriages are dissolving, there appears to be a curious dearth of up-to-date literature that effectively addresses the common challenges faced by children from broken homes. Thankfully, Dr. Rodman answers the call of duty by providing us with this invaluable guide that can be referenced again and again as various divorce-related issues inevitably crop up over time. I understand that this is Dr. Rodman's first book (though she maintains a regular blog at www.drpsychmom.com) and I am looking forward to reading her future contributions.

Very sound advice and information here. I am a Christian and was looking for a Christian book, but this book does a great job at explaining things based on pure fact vs. a certain way of handling it through say modern strategies. I just like that it's cut and dry. Not a lot of opinion if any and just factual and I've seen it to be right on the money with all the author writes about.

I highly recommend this book for anyone at any stage of a break-up situation that includes children. It reinforced and rounded out what I had been thinking about regarding the approach to handling things with my daughter as I work through untangling a 10-year marriage to her father. I'll be referencing this book often as we continue on the journey in the coming months and years. I also enjoy following Samantha Rodman on her blog and on Facebook. She has a direct, practical

approach that resonates with my own viewpoints on many topics she covers.

This book covers all the bases, so start here in your search for good advice on how to get through a divorce while parenting and how to build the best possible "new normal" for yourself and your kids. Dr. Rodman's writing style practices the empathy and validation that she preaches. Her advice is specific and concrete, and she makes the concepts behind it crystal clear. She addresses a variety of common problems and situations that co-parents face, and she breaks down how a kid's development and age factor in to the challenges of good parenting during and after a divorce. Dr. Rodman's book shares the message of my children's book, *The Queen of Fire and the King of Ice*, which explains divorce and joint custody in the form of a fairytale.

Dr. Rodman gives realistic advice for helping parents navigate divorce in the best way possible for their children. I found the book easy to read, engaging, and conveniently organized for rapid reference. I would recommend this book to any couple who is going through a divorce.

Dr. Rodman's book is laid out in a very clear, easy-to-read fashion. She doesn't use crazy jargon; She just says it like it is. I highly recommend this book.

If you're a fan of Dr. Rodman's drpsychmom blog, you'll recognize her smart casual style. If you're not (yet) imagine your best friend is a PhD giving you advice grounded both in experience and common sense. She offers clear steps to take to be a healthy parent whether or not you are going through a divorce. Definitely worth a read!

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