Counselortalk suggestions March 2017

For elementary kids I have found the book Dinosaurs Divorce by Laurie Krasny Brown and Marc Brown helpful for having discussion about divorce when it happens. This book has a lot of great talking points and is a great jumping off point for younger children.

I have lots of things I use but my favorite is the workbook Getting Through My Parents’ Divorce.  I like it because it addresses not just divorce but parents who were never married, and especially when parents are “using” a child as a weapon against the other.  (Which I come across more than I would like.)  I pick and choose what activities I do in individual sessions—I don’t do them all.  I would say this is best for students in 3rd grade and above.

Here is the Amazon link:  [https://www.amazon.com/Getting-Through-Parents-Divorce-Alienation/dp/1626251363/ref=sr\_1\_1?s=books&ie=UTF8&qid=1488297927&sr=1-1&keywords=getting+through+my+parents+divorce](https://www.amazon.com/Getting-Through-Parents-Divorce-Alienation/dp/1626251363/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1488297927&sr=1-1&keywords=getting+through+my+parents+divorce)

I like directing parents to check out [uptoparents.org](http://uptoparents.org)  It was developed by an Indiana attorney and his social worker wife.  It has a ton of resources for parents!  They have to put in their email address but they don't get spam.  They will receive something from them once every other month or so and it's always good tips or a case review.

I made my own divorce booklet.  My Parents Are Calling it Quits....check out TPT for stuff.  Lots of good resources out there.