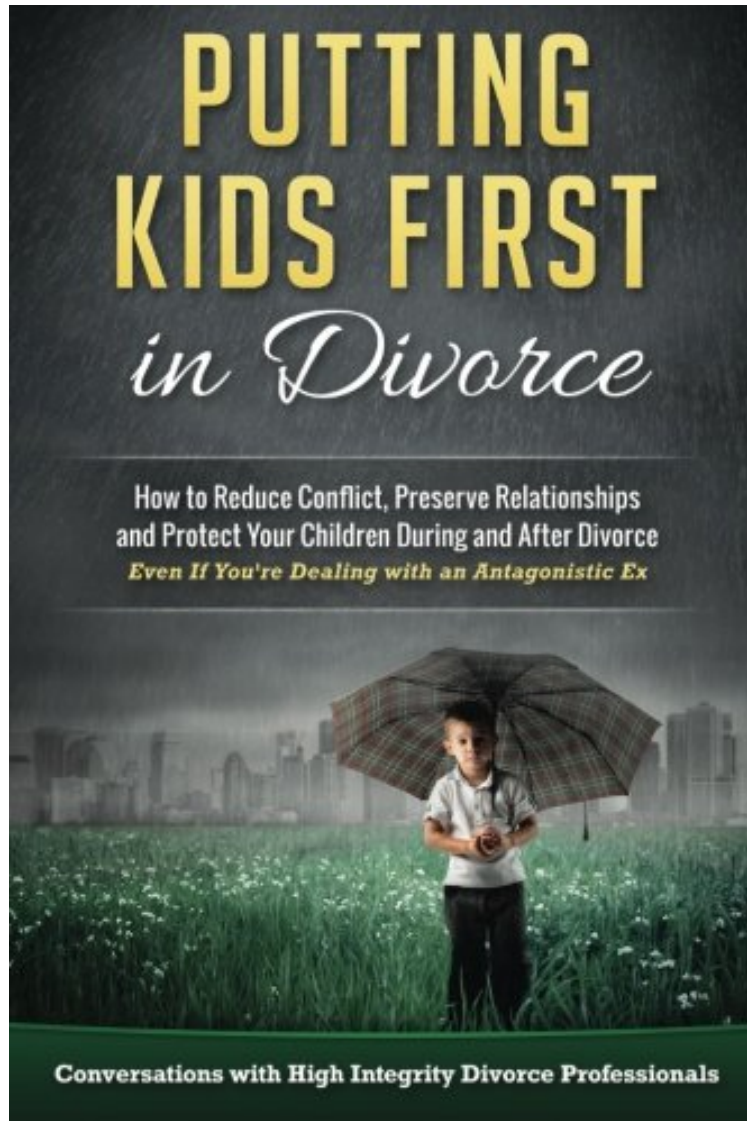


(Read download) Putting Kids First in Divorce: How to Reduce Conflict, Preserve Relationships and Protect Children During and After Divorce

## Putting Kids First in Divorce: How to Reduce Conflict, Preserve Relationships and Protect Children During and After Divorce

*Jeremy Kossen, Mark Baer, Karen Bonnell, Amanda Singer, Jennifer Segura, Belinda Zylberman, Maida Farrar, Nicola Beer, Kristine Clay, Cherie Morris, Sara Freed, Nicola Beer*  
ebooks | Download PDF | \*ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#1179550 in Books 2016-04-17Original language:English 9.00 x .58 x 6.00l, .76 #File Name: 0692676929256 pages | File size: 16.Mb

Jeremy Kossen, Mark Baer, Karen Bonnell, Amanda Singer, Jennifer Segura, Belinda Zylberman, Maida Farrar, Nicola Beer, Kristine Clay, Cherie Morris, Sara Freed, Nicola Beer : Putting Kids First in Divorce: How to Reduce Conflict, Preserve Relationships and Protect Children During and After Divorce before purchasing it in order to gage whether or not it would be worth my time, and all praised Putting Kids First in Divorce:

## How to Reduce Conflict, Preserve Relationships and Protect Children During and After Divorce:

0 of 0 people found the following review helpful. Essential reading for anyone with kids who is contemplating divorce. By DC mom I found this book incredibly helpful in terms of helping parents think through the potential ramifications on their children in a divorce, and ways they can mediate some of the stress, by establishing their children's best interests first, and keeping them in mind as they negotiate with the other parent, and also by hiring other, non-legal and non-therapeutic professionals like divorce coaches to act as objective, advocates for them and their children. Too often, it seems like lawyers have a vested interest in letting contentious divorces drag on, whereas coaches and mediators can help warring parties come more quickly to reasonable solutions that everyone can live with. I found the chapter on Guilt-free parenting, and parenting teens particularly reassuring, especially as the authors are both the products of divorced backgrounds and blended families themselves, and I liked the question and answer format of the book, and the helpful list of resources at the end of each chapter. This book is essential reading for anyone with children who is contemplating divorce, and who needs a guidebook on what they need to think about, and who to turn to, at a time when they might otherwise feel lost and in desperate need of support.

0 of 0 people found the following review helpful. Putting our Kids Well-being First. By Michael Faber I turned to Putting Kids First in Divorce when friends were in the midst of an anguishing divorce. Despite their loving, caring, rationale approach to parenting, the rupture within their family was, predictably, profound. For young children, especially, family whether legally intact or not is a primary source of identity, trust and confidence. The contributors to this book make a solid case for seeking qualified professionals, such as mediators, psychologist and divorce coaches, whose expertise can lead divorcing couples to keep their children's well-being the center of their focus.

4 of 4 people found the following review helpful. A Valuable Handbook for Parents to Help Children Through Divorce. By Paul Mcguire I am a divorce attorney and I read this book to help me guide my clients and to confirm that it is something to recommend to them. The book starts with a discussion of how the way you approach your divorce can have a big impact in the outcome. While I would make a lot more money if I litigated cases constantly, I treat litigation as a last resort. To me the majority of couples are able to come to agreements regarding their divorce if they have a mediator involved or sometimes just attorneys on both sides of the case who are geared towards settlement and not so much towards maximizing the payout for the client. Parents who have already decided to approach their divorce through mediation may choose to skip to chapter 3 but the first two chapters can still serve as a helpful reminder of why they are focused on a resolution outside of court. The book then moves into the psychology of co-parenting and the various ways that the approach taken by parents can significantly impact the amount of harm that children experience in the process. I quite like how the various mediators and other professionals interviewed in the book discuss that they no longer believe that it is as simple as saying that every divorce harms children, but that sometimes a careful approach to the process can make it so positive that it is better than subjecting the children to parents who fight all the time. Many of the professionals interviewed in the book consider this alternative approach to involve a mediator or a divorce coach. I often refer my clients to mediators and I think this is usually a good step when children are involved. The chapters feel like reading the transcript from a podcast, which I like because it maintains that personal feel. Later chapters address a number of practical tips. Suggestions range from the big picture approach to the the divorce process to the boundaries that are important between the two parents and the things you should and shouldn't say to your children through the process. Each of these has examples so that can be immediately applied. Some chapters explain just how you might speak to the children about what led to the breakdown of the relationship without sharing adult issues with them. Overall, one theme I see in all the chapters is the importance of recognizing that once you are going through divorce it is not appropriate to attack the other parent but that providing the most positive environment for the children is your highest priority. Chapter 8 makes a great handbook for discussing big issues with your children while keeping everything positive. I also appreciate Chapter 9's inclusion and the recognition that some people reading this book may be considering divorce but not yet so fully decided that they have given up all hope. Though some of the tips provided in Chapter 9 may not be able to help a couple that is beyond repair, reading through those ideas can help increase the chances of the next relationship avoiding the same pitfalls. I have already recommended the book to one of my clients and I expect I will regularly continue to do so going forward as I work with clients who have children. Even those who enter into the divorce with the best of intentions may not be aware of the damage they can do by off-the-cuff remarks or subtle suggestions that they still blame the other parent for all of the problems.

Going through a divorce is never easy. Tension can be high, and too often, the adversarial family court system only escalates the conflict. Sadly, children can become collateral damage. Fortunately as in life in divorce, you have choices. You don't need to go down the traditional path of hiring a divorce attorney and battling it out in court. Instead, you can choose cooperation over conflict, and put your children first! Putting Kids First in Divorce, brings together eleven leading divorce, co-parenting, and relationship professionals, who share their insights and perspectives on communication, conflict resolution, and supporting children through a transition. You'll learn about alternatives to litigation such as collaborative law, mediation and divorce coaching which are far less adversarial and more

economical than family court. In an easy-to-read interview-style format, *Putting Kids First in Divorce*, will enlighten, empower and inspire you. Filled with wisdom from leading experts, you'll learn everything from creating a cooperative child-centric separation to resolving conflict; approaching divorce with mindfulness to raising resilient children; communicating with your ex to co-parenting with compassion. Equipped with the knowledge you will acquire in this book, our hope is that you see divorce does not have to be a battlefield, but an opportunity for growth where you can create an environment to ensure your children thrive! As Karen Bonnell, a co-contributor to the book is fond of saying, When it comes to a child's sense of family, what divorce breaks apart, solid co-parenting rebuilds. *Putting Kids First in Divorce* is comprised of ten value-packed chapters featuring content and interviews with high-integrity divorce professionals, unified by a common theme: putting the needs of children first through cooperative processes. The topics covered include: Choose Cooperation Over Combat by Jeremy S. Kossen Mark B. Baer, Esq. Stay Out of Court! Choose Mediation or Collaborative Divorce Over Litigation by Mark B. Baer Jeremy S. Kossen For Kids, What Divorce Breaks Apart, Strong Co-Parenting Rebuilds by Karen Bonnell, ARNP, MS Using Mediation to Build a Happy Blended Family by Amanda D. Singer, Esq., MDR, CDFA Jennifer M. Segura, JD, CDFA Approaching Divorce With Mindfulness And Compassion by Belinda N. Zylberman How to Establish Boundaries and Promote Healthy Communication by Maida V. Farrar, Esq., CDC The Road to Resiliency: How to Raise Resilient Children Through a Family Transition by Kristine Clay, MA How to Work on Your Marriage When It No Longer Works by Sara Freed How to Help Your Teen Survive and Thrive After Divorce by Nicola Beer Guilt-Free Parenting in Divorce by Cherie D. Morris