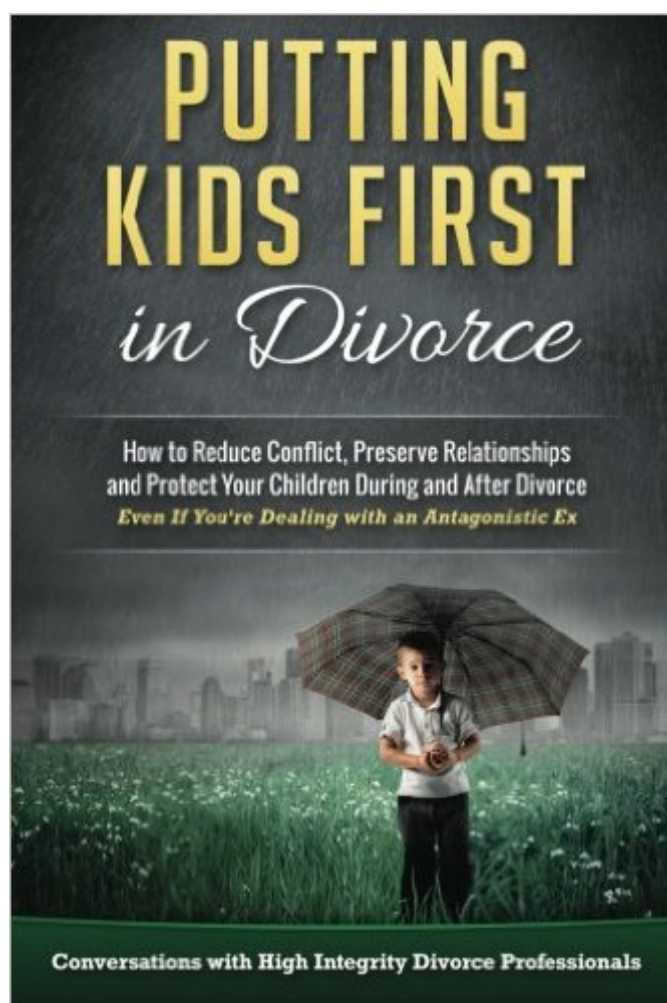


The book was found

Putting Kids First In Divorce: How To Reduce Conflict, Preserve Relationships And Protect Children During And After Divorce



Synopsis

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

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Customer Reviews

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 practical tips.

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During and After Divorce Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) What Every Good Lawyer Wants You to Know: An Insider's Guide on How to Reduce Stress, Reduce Costs and Get the Most From Your Lawyer Dominican Republic Early History, People and environment: The First Colony, Conflict, Government and Politics, Racial and Ethnic Groups Pregnant, Fit and Fabulous: Your Complete Guide to Exercise Before, During and After Pregnancy Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments Low-Dimensional and Nanostructured Materials and Devices: Properties, Synthesis, Characterization, Modelling and Applications (NanoScience and Technology) Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) The Well-Armored Teen: Easy Tools Protect Your Teen and Tween From Sexual Abuse, Bullying, and Exploitation (The Well-Armored Child Library Book 1) Adrenal Fatigue : Adrenal Reset Diet: Understand The Symptoms And Beat Adrenal Fatigue Syndrome Forever. Lose Weight,Reduce Both Stress And Anxiety To ... Eating,Diet,Boost Metabolism) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins) Adrenal Fatigue: What Is Adrenal Fatigue And How To Reset Your Diet And Your Life (Adrenal Fatigue, Reduce Stress, Boost Energy,Diet) Adult Coloring Book: Fractals: curves and geometric figures expertly programmed to help reduce stress, sharpen your concentration, and nourish your creativity Domination and Resistance: The United States and the Marshall Islands during the Cold War