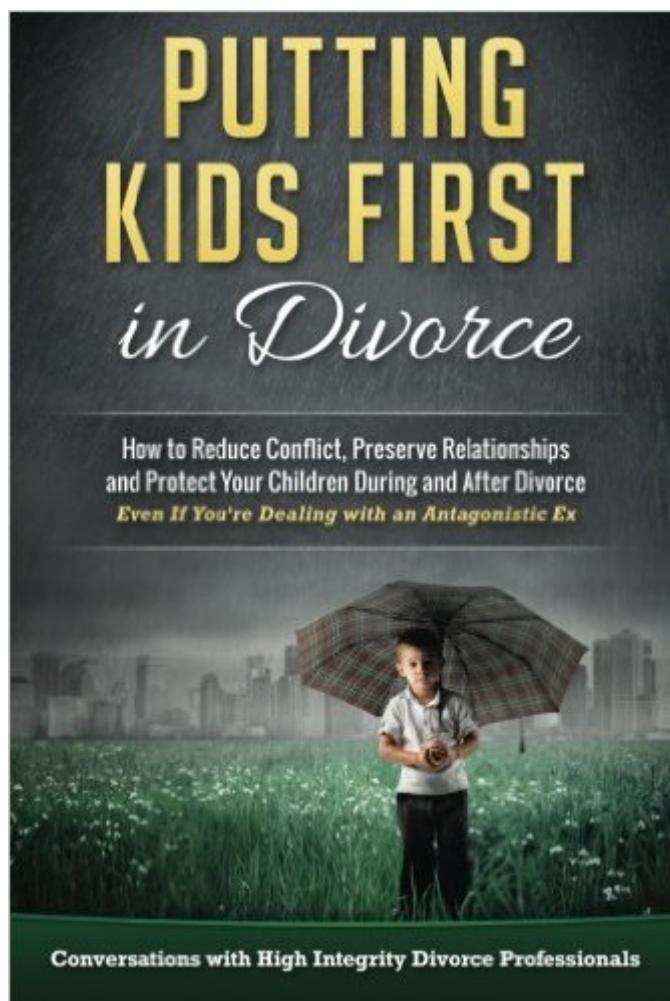


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# Putting Kids First In Divorce: How To Reduce Conflict, Preserve Relationships And Protect Children During And After Divorce



## **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

## **Book Information**

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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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