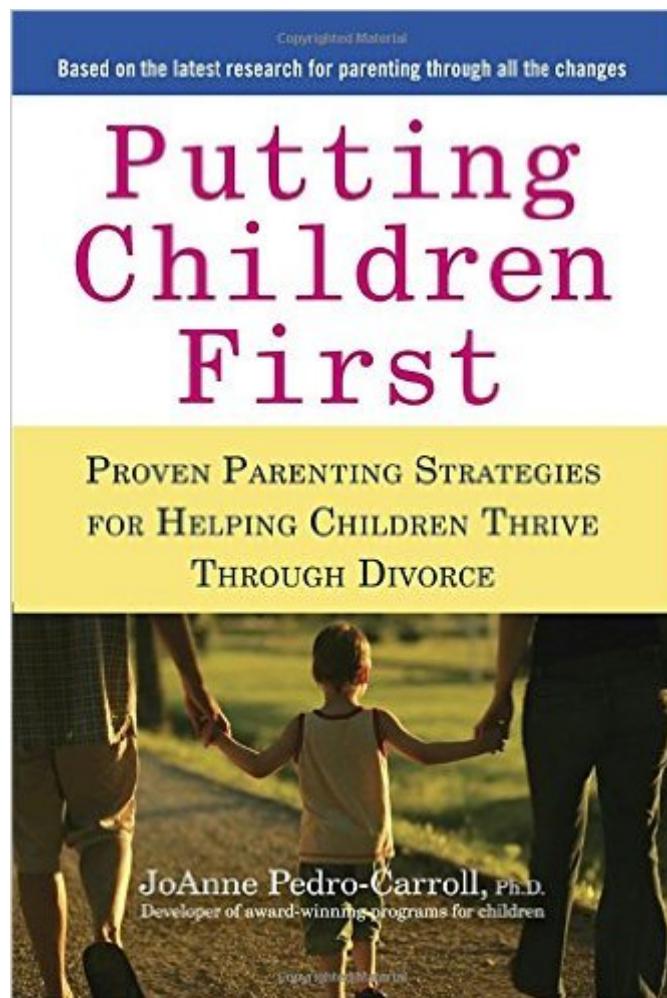


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# Putting Children First: Proven Parenting Strategies For Helping Children Thrive Through Divorce



## **Synopsis**

An internationally renowned authority on children and divorce reveals the latest research-based strategies for helping children survive and thrive before, during, and long after their parents divorce. The breakup of a family can have an enduring impact on children. But as Dr. JoAnne Pedro-Carroll explains with clarity and compassion in this powerful book, parents can positively alter the immediate and long-term effects of divorce on their children. The key is proven, emotionally intelligent parenting strategies that promote children's emotional health, resilience, and ability to lead satisfying lives. Over the past three decades, Pedro-Carroll has worked with families in transition, conducted research, and developed and directed award-winning, court-endorsed programs that have helped thousands of families navigate divorce and its aftermath. Now she shares practical, research-based advice that helps parents: ?gain a deeper understanding of what their children are experiencing ?develop emotionally intelligent parenting strategies with the critical combination of boundless love and appropriate limits on behavior ?reduce conflict with a former spouse and protect children from conflict's damaging effects ?learn what recent brain research reveals about stress and children's developing capabilities Filled with the voices and drawings of children and the stories of families, Putting Children First delivers a positive vision for a future of hope and healing.

## **Book Information**

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## **Customer Reviews**

JoAnne Pedro-Carroll has brought together sound research, personal experience and the insights

from her practice to enlighten parents and professionals alike. Putting Children First imparts wisdom of the highest order - that which responds to the hearts of children who were brave enough to voice their needs and struggles when their parents separated or divorced. With clarity and compassion, this book informs the receptive reader how to take care of themselves and their children to protect their long-term health and well-being. In my practice as a mediator, I have already recommended this outstanding book to my clients. It is a contribution of utmost caring to parents who are struggling to maintain sense and sensibilities in the midst of emotional upheaval and a guide to preserve stability and demonstrate their deepest love for their children.

Having worked with children and families for almost thirty years I have read and recommended many self help books for the divorcing couple. Never have I seen any of them address specifics on visitation schedules for high divorce couples. We can't just keep telling people they have to get along for the sake of the children. This book looks at the reality that many divorces are and may remain high conflict and makes specific recommendations for those couples as well as cooperative parents. Fantastic to see this kind of detail!

As a parent who's primary concern is my young son, this book has been extremely helpful. It's broken out into age segments so you can get an idea of what to expect now, as well as what your child may feel and experience as they grow older. After reading several chapters, I ordered one for my future ex so he could understand how important it is to put our differences aside and make the transition as easy as possible for our son. I highly recommend this book to anyone who is going through a separation or divorce.

This outstanding book treats the challenge divorce presents to parents with respect, but not alarm. Dr. Pedro-Carroll does not spare the reader the harmful consequences a badly handled divorce can have for children. However, in every chapter, the author lays out clear and feasible options that all parents can draw on to help them and their children make it through divorce successfully. This book speaks to a wide range of audiences -- parents, grandparents, mental health and legal professionals as well as folks like myself with friends and family members who face the challenge of divorce. Throughout the book, author's use of the research literature is clear and convincing. The case studies she uses are pointed, poignant and highly instructive. I feel like I "know" some of the people she describes; and I deeply appreciate the empathy and understanding the author brings to their situations. Readers can open this book to any page or read it from front to back. In either case,

you'll learn something important and useful about what it means and what it takes for parents and children to "make it" through this difficult transition.

This is a good book for parents dealing with divorce. However, it is targeted to parents of younger children who are affected by divorce. However, I found it helpful even though my daughter is 19, despite the fact that it sometimes slips into the cliches of self-help type books.

A month ago when asked to present information on Divorcing Parents to a group of NYC Divorce Mediators, I chose to use Dr. Pedro-Carroll's book as an example of what I consider to be the best research and practical advice available to date. I have been a divorce mediator and parent educator for many years now and each of the couples who come into my office always wants to know whether divorce always has a negative impact on children. And they want to know what they can do to prevent this. I always recommend Putting Children First for three reasons: Dr. Pedro-Carroll's research and experience in the field of divorce is exemplary; the descriptions of the developmental needs of children of different ages are very useful to all parents; and, the book's conclusion that parents can increase their child's ability manage many of the pitfalls of divorce. The message is optimistic and it is accompanied by practical suggestions for parents.

I am a grandmother and felt compelled to educate myself about children and divorce as my daughter and son-in-law recently announced that they are getting a divorce after 15 years of marriage. It was very informative and I noticed from other reviews that it is a very good read. Children are hit very hard when parents decide to break up a marriage. All parents need to educate themselves as much as possible when it comes to telling their children about their parents breaking up their marriage as they wonder "what is going to happen to me". They have so many questions, insecurities and it also deals with how you should break the news to them according to their age. I think any one going through a divorce with children will benefit from this book. I did and so did my daughter.

I am a financial professional working with folks who are ending or contemplating ending their marriage. While it might seem that most of my work would involve the financial aspects of their separation, we often discuss the many concerns they have about their children and how they may fare through the process. I have offered Dr. Pedro-Carroll's book to so many of my clients they seem to fly off my bookshelf. Parents are so relieved to have this book as a resource; it helps them

refocus on how their children are also struggling to make sense of a world seemingly turned on its ear. I cannot express adequately enough the heartfelt thanks I receive from parents of children of all ages for connecting them to such sound and practical advice.--Donna M. Maier, CDFA, AVAMember of the Collaborative Law Association of the Rochester Area and International Academy of Collaborative Professionals

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