Resource List for Parents and Caregivers

The following resource list includes book titles, articles, movies, workshops and other materials you might find helpful and informative. Please review each resource carefully yourself, as each family situation and child is unique. Views expressed in resources are those of the author(s)/organization(s) and not my own, Porters Point School, or Colchester School District.

This resource list is divided based on general topic, however you may also search using CTRL+F to "search" for a specific term. This resource list is constantly updated as I find new materials or complete professional development courses, so please check back frequently.

Possible search terms: Availability (Burnham Library), Ages (Kindergarten, 1st grade, 2nd grade, Adult), Type (Children's Book; Movie; Parent Resource; Activity Book; Article), Key word search (divorce; terminal illness; cancer; death; dying; anxiety; worries; etc.)

Emotional Literacy, Emotional Regulation, Empathy 2
Books: Children's Titles (EL) 2
Books: Adult Titles (EL) 2
Body Boundaries and Consent 3
Who Has What?
All About Girls' Bodies and Boys' Bodies 3
Separation, Divorce, and Changing Families 4
Books and Book Reviews: Children's Titles (CF) 4
Was it the Chocolate Pudding? A Story for Little Kids about Divorce 4
Two Homes 5
When My Parents Forgot How to be Friends 5
Living with Mom and Living With Dad 6
Other Titles (to be reviewed soon!) 7
Books and Book Reviews: Adult Reading (CF) 8
Talking to Children about Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce 8
Parenting & Changing Families Books: 8
Research Articles 8
Death, Grief & Loss 9
Books and Book Reviews: Children's Titles (DGF) 9
When Dinosaurs Die: A Guide to Understanding Death 9
When Someone Very Special Dies: Children Can Learn to Cope with Grief 10
I Miss You: A First Look at Death 10
Books and Book Reviews: Adult Reading 10
35 Ways to Support A Grieving Child 10

Research/Articles 11
Websites 11
Diversity, Tolerance, and Social Justice 13
Early Childhood: Learning About Racial Identity (DEI) 13
Worry and Anxiety 14
When the WOrld Feels Like a Scary Place: Essential Conversations for Anxious Parents & Worried Kids 14
General Resources 15
Books and Book Reviews: General Resources 15
No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind 15
1-2-3 Magic For Kids: Helping Your Kids Understand the New Rules 15
The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind 15
Normal Children Have Problems, Too: How Parents Can Understand and Help 15

Back to Table of Contents

Emotional Literacy, Emotional Regulation, Empathy

These resources may be helpful for you in learning the language of emotional literacy, helping your child with emotional regulation, teaching empathy, etc

Books: Children's Titles (EL)

- *Double-Dip Feelings: Stories to Help Children Understand Emotions*, Barbara Cain
- *The Way I Feel*, Janan Cain
- *Today I Feel Silly (and Other Moods That Make My Day),* Jamie Lee Curtis
- *On Monday When It Rained,* Cherryl Kachenmeister
- *The Feelings Book,* Todd Parr
- *I'm Not Bad, I'm Just Mad*, Lawrence Shapiro
- *Wilma Jean the Worry Machine*, Julia Cook

Books: Adult Titles (EL)

- *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child,* Robert Brooks & Sam Goldstein
- *Building Emotional Intelligence: Practices to Cultivate Inner Resilience in Children*, Linda Lantieri & Daniel Goleman

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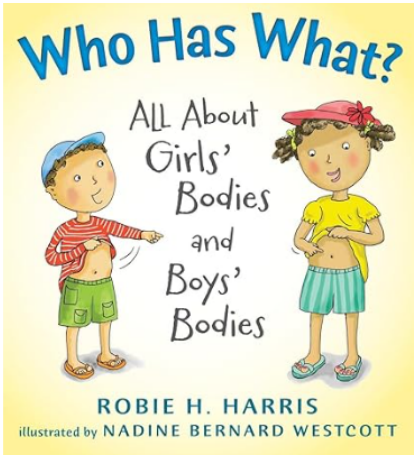
Back to Table of Contents

Body Boundaries and Consent

These resources may be helpful for you in learning language to speak about body boundaries, asking permission, trusted adults, and asking for consent.

Who Has What?
All About Girls' Bodies and Boys' Bodies
Author(s): Robie H. Harris

Ages: PreK - 2
Type: Children's Book
Availability: Burnham Library



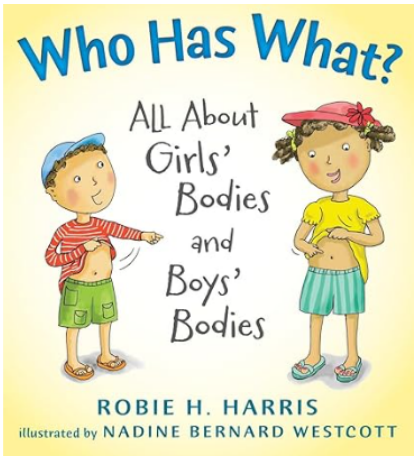
Brief Summary:
Humorous illustrations, conversations between the siblings, and a clear text all reassure young kids that whether they have a girl's body or a boy's, their bodies are perfectly normal, healthy, and wonderful. Accurate and entertaining illustrations offer an inviting way for children to discover straightforward, fascinating information about themselves.

Key points:
- Uses anatomically correct body part language (i.e. vagina, ovaries, fallopian tubes, vulva, penis, nipples, etc.)
- Parent information/tips in back
- *Uses gender binary (i.e. "Girls have this, boys have that.")
- *Not inclusive for LGBTQIA+
- Helps children understand and name body parts and discover similarities and differences

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Who Has What?
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Back to Table of Contents

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Back to Table of Contents

Separation, Divorce, and Changing Families

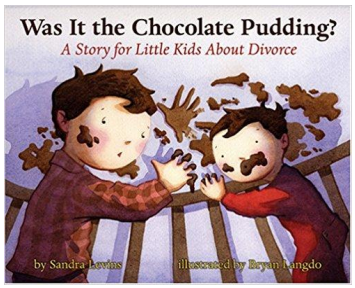
Some of the children's stories/books included in this list use the term "divorce" while others do not explicitly discuss "divorce" but generally cover topics such as joint custody, different living arrangements, two homes, etc.

Books and Book Reviews: Children's Titles (CF)

Was it the Chocolate Pudding? A Story for Little Kids about Divorce

Author(s): Sandra Levins & Bryan Langdo

Ages: 1st and 2nd grade
Type: Children's Book
Availability: Burnham Library, interlibrary loan



Brief Summary:
This book tells the story of divorce from the child's perspective. The book begins by explaining that "Divorce is the grown-up word for when mommies and daddies decide not to live together anymore" (p. 6). The story goes on to explain how one parent moved out of the house and the narrator blames himself, believing his parents divorced because of something he did. This book helps young readers learn about the "grown up" words that parents might use when explaining a divorce and issues such as having two homes and joint custody. At the end of the book, psychologist Jane Annunziata (PsyD.) includes some advice on how to explain separation and divorce to children, and the types of reactions/feelings children might experience/have during this time.

Key points:

- Uses the term "divorce"
- Parent information/tips in back
- Explains two homes, joint custody
- Helps children understand and name the thoughts, feelings, emotions they *might* experience in response to a divorce

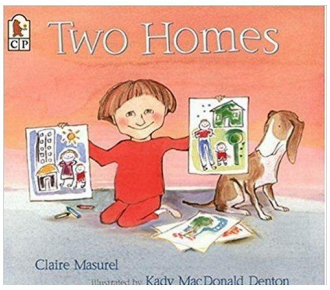
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Back to Table of Contents

Two Homes

Author: Claire Masurel

Ages: Kindergarten & 1st Grade
Type: Children's Book
Availability: Burnham Library, Interlibrary Loan



Brief Summary:
An easy to read, digestible book for children to understand what it looks like to live in two different houses. This book does not use the terms separation or divorce, focusing instead on the physical differences in living arrangements. A gentle, reassuring book to help ease into the discussion of a separation, divorce, or changing living arrangements.

Key points:

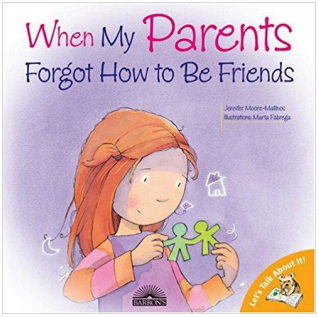
- Does not use the terms "divorced" or "separated"
- Explains two living arrangements (one with mom, one with dad)
    - This book could be used as a jumping off point for discussing other living arrangements that include multiple homes (parents/grandparents, guardians, etc.)
- Gentle, reassuring
- Easy, quick read
- Focuses on positives; what is gained, not what is lost

Activity idea:
Alex (the narrator) explains what his house, room, chair, etc. look like at his two houses. You could have your child illustrate their own book about their two homes.

When My Parents Forgot How to be Friends

Author: Jennifer Moore-Mallinos

Ages: Kindergarten, 1st grade, 2nd grade
Type: Children's Book
Availability: Currently unavailable through interlibrary loan



*Note: this might be a longer book for kindergarteners but could be chunked or focus on specific pages/portions of story.

Brief Summary:
The author has both personal and professional experience, as an individual who experienced divorce of her parents as a child, and as a social worker. This book explains the before, during, and after experiences from a child narrator's perspective. The progression of the

Back to Table of Contents

story is aimed at encouraging children to explore their own thoughts/feelings/understandings and reminds children they are not the cause of their parents' separation or divorce.

Key Points:

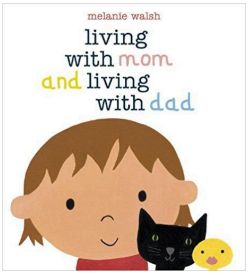
- Does not use the term divorce or separated
- Explains what will stay the same and what will change
- Explore emotions/feelings of young child
- Helps explain why parents may separate/divorce

Living with Mom and Living With Dad

Author: Melanie Walsh

Ages: Kindergarten, 1st grade
**could be used with 2nd graders though many might find it too young*
Type: Children's Book
Availability: Currently unavailable through interlibrary loan

Brief Summary:



"For young children who live in two homes, this bright, simple story with oversized flaps reassures young readers that there is love in each one." This bright, colorful, and interactive books allows children to explore the differences in their new living arrangements and explore the positives of each situation. The message is clear that despite separate living arrangements and big changes in the child's life, the child is still loved by so many people.

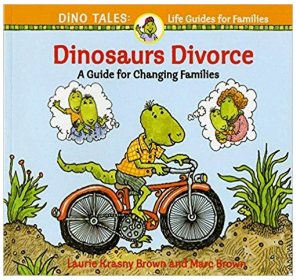
Key Points:

- Interactive, flip-book
- Bright, colorful, easy to read
- Does not use terms "separated" or "divorced"
- Explains changing schedules/routines
- Focuses on positives of changes

Dinosaurs Divorce: A Guide for Changing Families

Author(s): Laurie Krasny Brown & Marc Brown

Ages: 1st and 2nd grade
Type: Children's Book
Availability: Burnham Library



Brief Summary:

Text and illustrations cover topics of divorce such as causes, changing living arrangements, custody, changing customs/routines/holidays,

Back to Table of Contents

stepparents and step-siblings. Vocabulary introduced includes divorce, family counselor, half brother or sister, judge, lawyer, stepparent, stepsister, and stepbrother. The book discusses various feelings, and emotional responses to stages of the divorce as well as specific causes of divorce and separation. This text is detailed and may be inappropriate for some family situations or children.

Key Points:

- Bright, colorful
- Descriptive, inclusive
- Terms: "divorce"
- Some situations depicted you may feel are inappropriate for your family situation (parent addiction, fighting, etc.) This book could be read in chunks (only chapters you feel are applicable to your unique situation) or in its entirety.
- Chapters: "Divorce Words and What they Mean"; "Why Parents Divorce" (causes); "What About You" (naming feelings/emotions); "After the Divorce" (changing living arrangements, custody, visitation); "Living with One Parent"; "Visiting Your Parent"; "Having Two Homes"; "Celebrating Holidays and Special Occasions"; "Telling Your Friends"; "Meeting Parents' New Friends"; "Living with Stepparents"; and "Having Stepsisters and Stepbrothers".

Other Titles (to be reviewed soon!)

(Recommended by other professional counselors, therapists, organizations):

- *When Mom and Dad Separate: Children Can Learn to Cope with Grief from Divorce*
  Author: Marge Heegaard
  Ages: Kindergarten, 1st grade, 2nd grade
  Availability: Currently unavailable at the local library or through interlibrary loan
  *This workbook allows children to tell their own story through drawings, activities, letters, and worksheets.

- *My Life Turned Upside Down but I Turned it Rightside Up*
  Author: Mary Blizter Field and Hennie Shore
  Ages: 1st grade; 2nd grade
  Availability:
  Brief Summary: Told as a story told from the viewpoint of a young girl whose parents have divorced, the book relates the difficulties in accepting the situation of shared custody. The book is printed so that almost every other page is upside down; thus the reader must turn the book around to discover solutions to the problems and concerns of the child.

Back to Table of Contents

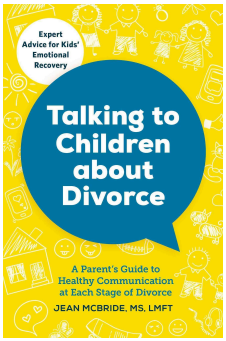
Books and Book Reviews: Adult Reading (CF)

Talking to Children about Divorce: A Parent's Guide to Healthy Communication at Each Stage of Divorce

Author(s):Jean McBride, MS, LMFT

Ages: Adult
Type: Adult Resource
Availability:

Brief Summary:



Author Jean McBride, a licensed private practice marriage and family therapist specializing in divorce and remarriage, has written this book to help parents initiate open communication with their children, as the family navigates changing family dynamics. This guide is divided into five chapters: Developing Healthy Communication Habits, Getting Kids to Open Up, Preparing for the Talk, Having the Talk, and Children's Reactions and Worries. Chapters include sample scripts for potentially tough conversations, "What to Do/What to Say" information sheets, and up-to-date divorce research. Chapter 4, "Having the Talk," is divided by developmental stage/age, with age-appropriate scripts and information on emotional responses typical to the developmental stage.

McBride recommends the following:

Parenting & Changing Families Books:

- *Dating and the Single Parent*, Ron Deal
- *The Truth about Children and Divorce*, Robert Emery
- *How to Talk so Kids Will Listen & Listen so Kids will Talk*, Adele Faber and Elaine Mazlish
- *Emotional Intelligence*, Daniel Goleman
- *Raising an Emotionally Intelligent Child*, John Gottman
- *Encouraging Words for New Stepmothers*, Jean McBride
- *Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce*, JoAnne Pedro-Carroll
- *Mom's House, Dad's House: Making Two Homes for Your Child*, Isolina Ricci
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*, Daniel J. Siegel and Tina Payne Bryson

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Research Articles

Back to Table of Contents

Death, Grief & Loss

For many adults, conversations about death and dying are uncomfortable, challenging and/or frightening. Adults may experience their own difficulty comprehending death or struggle to cope with a death or loss. This can influence adults' ability or desire to engage in a conversation with children about a death/loss and may impact the child's understanding. The Coalition to Support Grieving Students *explains,* "Children learn from an early age that conversations about death make people uncomfortable. If they ask questions, people may look away or not continue the conversation... Children sometimes conclude they have done something wrong and avoid raising the subject again."

The resources below may be helpful in initiating these conversations and answering your child's questions.

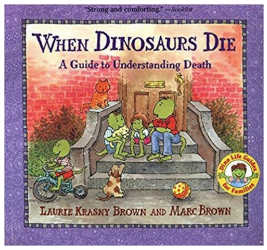
Books and Book Reviews: Children's Titles (DGF)

When Dinosaurs Die: A Guide to Understanding Death

Author(s): Laurie Krasny Brown and Marc Brown

Ages: Kindergarten, 1st grade, 2nd grade
Type: Children's Book
Availability: Burnham Library

Brief Summary:
This book is straightforward and explains death and dying in developmentally-appropriate, accessible language to help answer children's questions and dispel myths or misunderstandings. This book will help answer the most common questions as well as offer suggestions for "remembrance" activities.



Back to Table of Contents

When Someone Very Special Dies: Children Can Learn to Cope with Grief

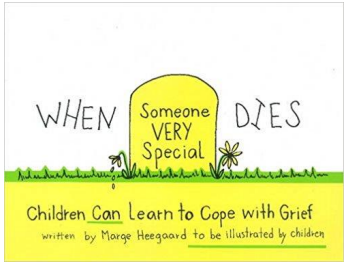
Author(s): Marge Heegaard

Ages: 2nd grade

**This book is intended for students ages 9-12, however activities can be adapted for 2nd grade (or younger)*

Type: Children's Book, Activity Book

Availability:



Brief Summary:

This book teaches children about basic concepts of death and helps children explore their feelings and thoughts about the death of someone special. This is an activity book which allows children to develop and illustrate their own personal grief story.

I Miss You: A First Look at Death

Author(s): Pat Thomas

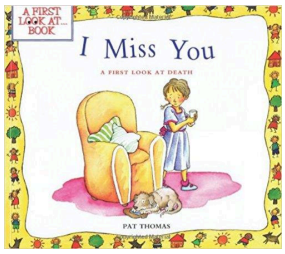
Ages: Kindergarten, 1st grade, 2nd grade

Type: Children's Book

Availability:

Brief Summary:

This colorfully illustrated, easy-to-read book provides a gentle yet thorough understanding of the physical qualities of death, as well as possible emotional reactions, in language children can understand. Written by psychotherapist and counselor, Pat Thomas, *I Miss You*, also provides suggested uses for parents/children including follow-up activities, discussion questions, and a parent resource list.



Books and Book Reviews: Adult Reading

35 Ways to Support A Grieving Child

Author(s): The Dougy Center, The National Center for Grieving Children and Families

Ages: Adult

Type: Adult Resource

Availability:

Back to Table of Contents

This guidebook, from *The Dougy Center*, offers practical suggestions and guidelines for initiating conversations and supporting children who've experienced a death or loss in their life. Additionally, this resource explains emotional reactions/understandings of grief and loss from a developmental perspective and how to offer support.

Research/Articles

Nowinski, J. (2012). *Talking with Children about Terminal Illness: The Most Difficult of Conversations*. Psychology Today.

This resource provides some steps to take in sharing with a child about life limiting conditions. This article speaks mostly to a parent or siblings' illness, though the general guidelines could support conversation/discussion around another family member or friend's illness.

American Cancer Society. (2018). *Helping Children when a Family Member has Cancer: Dealing with a Parent's Terminal Illness*.

This resource is written with a parent's illness in mind, however basic developmental tips and information can be applied for other family members with life-limiting conditions. This link provides tips for students between ages 6-8. Other developmental stages are available as well.

Allen, J. (2018). *Supporting Children When a Loved One is Seriously Ill*. The Moyer Foundation.

The Moyer Foundation provides a number of resources for families and children struggling with grief. This article, in particular, helps create an understanding of how to support children when a loved one has a terminal illness.

Websites

- Canadian Virtual Hospice
  - The links included, below, give basic guidelines for communicating with children about the terminal illness of a family member.
    - When to Tell the Children: Preparing Children for the Death of Someone Close to Them
    - Talking with Children and Youth about Serious Illness
    - Don't Use the 'D' Word: Exploring Myths about Children and Dying
- The American Cancer Society
  - This website provides some talking points and guidelines for speaking with children about terminal illness. While the majority of this site is targeted for families in which a parent has cancer, the basic guidelines and talking points can be helpful for speaking with children about other close friends/family members with a terminal illness.
    - How do I talk to my children about dying?
    - How do children of different ages deal with illness and death?

Back to Table of Contents

- The Coalition to Support Grieving Students
    - The American School Counselor Association recommends this site for educators, professionals, and families to support grieving students. Many of the following documents are intended for use by school personnel but offer excellent tips and guidance for families as well:
        - "What Not to Say" - unsure of what to say or how to communicate with your/a child about death? Knowing what not to say can be helpful in planning your conversation. Includes "Don't Say This - Say This Instead" talking points.
        - "Talking with Children" - what is my/a child thinking about this death/loss? How do I speak with him/her/them? This document provides helpful talking points for initiating conversation.
        - "Concepts of Death" - as adults, we sometimes use euphemisms when explaining death to children. However, this can often be more confusing, or even frightening for children. "Concepts of Death" explains the four concepts and why it is crucial to explain these to children and check for understanding.
- The New York Life Foundation
    - This site is recommended by *The Coalition to Support Grieving Students* and provides a number of resources including articles, book recommendations, talking points, and videos to help you and your child communicate about death/grief/loss.

Back to Table of Contents

Diversity, Tolerance, and Social Justice

This section is still under development.

> Teaching for Change is a non-profit organization "whose mission is to provide teachers and parents with the tools to create schools where students learn to read, write, and change the world...Teaching for Change developed SocialJusticeBooks.org in 2017 to identify and promote the best multicultural and social justice children's books…"

I am in the process of working through Teaching for Change's recommended reading lists. I have not yet had a chance to write reviews on the books I've read, but there are reviews of some titles on the SocialJusticeBooks.org website. These resources may be helpful in initiating conversations and answering your child's questions.

Early Childhood: Learning About Racial Identity (DEI)

Back to Table of Contents

Worry and Anxiety

This section is still under development.

When the WOrld Feels Like a Scary Place: Essential Conversations for Anxious Parents & Worried Kids

Author(s): Abigail Gewirtz, Ph.D.

Ages:	Adult
Type:	Parenting/Caregiver Resource
Availability:	PPS School Library, request through school counselor

Back to Table of Contents

General Resources

Books and Book Reviews: General Resources

No-Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind

Author(s): Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

Ages: Adult

Type: Parenting/Caregiver Resource
Availability: PPS School Library, request through school counselor

1-2-3 Magic For Kids: Helping Your Kids Understand the New Rules

Author(s): Thomas W. Phelan, Ph.D. and Tracy M. Lee

Ages: Adult
Type: Parenting/Caregiver Resource
Availability: PPS School Library, request through school counselor

The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

Author(s): Daniel J. Siegel, M.D. & Tina Payne Bryson, Ph.D.

Ages: Adult
Type: Parenting/Caregiver Resource
Availability: PPS School Library, request through school counselor

Normal Children Have Problems, Too: How Parents Can Understand and Help

Author(s): Stanley Turecki, M.D. & Sarah Wernick, Ph.D.

Ages: Adult

Type: Parenting/Caregiver Resource
Availability: PPS School Library, request through school counselor

Back to Table of Contents

Back to Table of Contents