



AMOS ADVOCATES
COMMUNITY FOUNDATION

Books for Children Experiencing Divorce

Age-organized reading suggestions and conversation prompts for families.

Books can give children language for feelings that may be hard to explain. Choose materials based on the child's developmental level, personality, and family circumstances rather than age alone.

Ages 3-6

- Two Homes - Claire Masurel: a gentle story about feeling loved and secure in two homes.
- Was It the Chocolate Pudding? - Sandra Levins: helps young children understand that divorce is not their fault.
- The Invisible String - Patrice Karst: reassurance about connection and love during separation.
- Standing on My Own Two Feet - Tamara Schmitz: addresses a child's experience of parents separating.

Ages 6-10

- Dinosaurs Divorce - Laurene Krasny Brown & Marc Brown: feelings, living arrangements, holidays, and family changes.
- It's Not Your Fault, Koko Bear - Vicki Lansky: emotions surrounding divorce and reassurance that the child is not responsible.
- Fred Stays with Me! - Nancy Coffelt: a comforting story about adjusting to two homes.

Ages 9-12

- The Suitcase Kid - Jacqueline Wilson: a child adjusting to life between divorced parents' homes.
- The List of Things That Will Not Change - Rebecca Stead: family change, anxiety, and complicated emotions.

Teens

- My Parents Are Divorced, Too - Elizabeth Thayer & Jeffrey Zimmerman: practical guidance for children of divorce.

- The Divorce Help Book for Teens - Cynthia MacGregor: workbook-style support for processing feelings and circumstances.
- How to Survive Your Parents' Divorce - Nancy D. Wiseman: practical advice for emotional challenges teens may encounter.

Conversation prompts after reading

- Was there a character who felt like you?
- What part felt most true or most different from our family?
- What do you wish adults understood about divorce or separation?
- What would make things feel more predictable?
- Is there anything you want to ask me that you have been worried about asking?

Parent note

A book is a conversation tool, not a substitute for professional support. If a child is struggling significantly or persistently, consider talking with a pediatrician, school counselor, or licensed mental-health professional.

Important: This resource is for educational and informational purposes only. It is not legal, medical, mental-health, or financial advice. Services, eligibility requirements, and program availability can change. Contact the listed organization directly for current information.