Big Conversations About Divorce

Divorce and seperation can be quite difficult for children to understand and cope with. The books in this list were chosen to aid in discussion and understanding.

A Huge Hug	Jérôme Ruillier
This heartfelt story delves into the emotions children feel when their parents separate.	

My Big Fantastic Family	Adam Guillain
Funny and heartfelt, this picture book follows Lily-May as she learns to embrace the positive aspects of her blended family after her parents get divorced, discovering just how many people love her!	

Two Homes, One Heart	Jessica Young
Living in two homes can be a big adjustment, but it can also present opportunities for growth. The book offers a gentle reassurance to kids navigating separation or divorce and reminds us that while families change, love is constant.	

Rainy Day	Emma Haughton
Shortly after his parents are separated, a child visits his father on a gray, rainy day. It's far too wet for the fair and he thinks that his special day with Dad is ruined. Luckiliy, Dad has plenty of ideas and gradually the child finds out that rainy days aren't so bad - and they don't last forever.	

My Two Homes	Julie Murray
Families come in all shapes and sizes. Readers will learn all about kids who split their time between two households through everyday and relatable situations. They may just find out that this special family situation isn't so different from their own!	

Standing on My Own Two Feet: A Child's Affirmation of Love in the Midst of Divorce	Tamara Schmitz
Addison's parents are divorced and he lives in one house with his mom and another with his dad, but one thing he knows above all is that both his parents love him and they always will.	

Dinosaurs Divorce A Guide for Changing Families	Lauren Krasny Brown
Colorful and informative, :Dinosaurs Divorce" addresses many topics and ussues that arise in divorce situations, from explaining what 'divorce' means to offering advice on how to accept new step-siblings.	

Mom and Dad Break Up	Joan Singleton Prestine
A young boy talks about the feelings he has since his parents divorced, and describes how he now sees them separately.	

Stuck in the Middle	Tom Tinn-Disbury
This moving and sensitively-written story gently introduces children to family separation and teaches them how to deal with the emotions surrounding divorce.	

Here and There	Tamara Ellis Smith
After Ivan's parents separate, he has trouble finding joy at either of their homes until he discovers that the birds and music that he loves may be found in both places.	