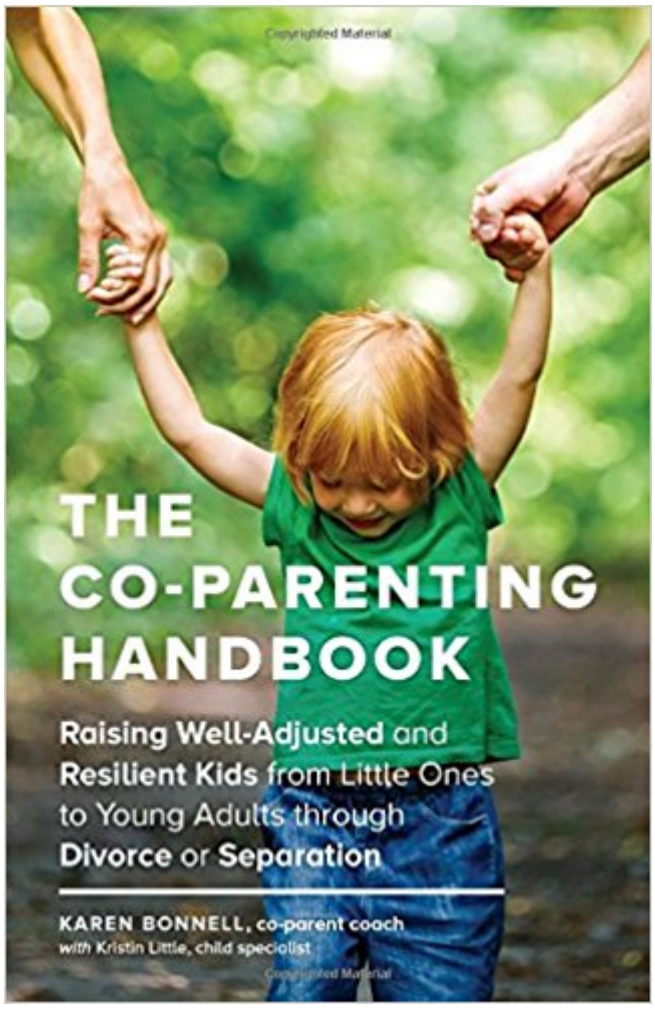
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The Co-Parenting Handbook: Raising Well-Adjusted And Resilient Kids From Little Ones To Young Adults Through Divorce Or Separation



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Synopsis

The Co-Parenting HandbookÃ Â helps parents confidently take on the challenges of guiding children through divorce or separation and raising them skillfully in two homes. Ã Â Addressing parentsÃ¢â ¬â„¢ questions about the emotional impact of separation, conflict, grief, and recovery, the authors provide a road map for all family members to safely navigate through separation/divorce and beyond. Through tested and reassuring guidance, parents will discover how to move from angry, hurt partners to constructive, successful co-parents who are able to put their childrenÃ¢â ¬â„¢s needs first. Chock-full of strategies to help resolve day-to-day issues, create boundaries, and establish guidelines, this handbook will help ensure kids and co-parents thrive.

Book Information

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Customer Reviews

Ã¢â ¬Å“This book is thorough while also being concise and easy to understand. Kudos to the authors for taking such a big topic and making it accessible and applicable to real life.Ã¢â ¬Â•Ã¢â ¬â •Divorce Proofing

KAREN BONNELL (ARNP, MS) is a board-certified clinical nurse specialist with 25 years of experience working with individuals, couples, and parents. As a divorce and co-parent coach, Karen is dedicated to thoughtfully resolving conflicts one person, one couple, and one family at a time. Highly active and respected in her field, Karen is a regular presenter on topics related to divorce and co-parent coaching, as well as advanced communication skills. She lives in the Cascade foothills outside Seattle.Ã Â Ã Â Contributor KRISTIN LITTLE (MA, MS, LMHC) has over 17 years of

experience guiding parents and children through the emotional landscape of separation and divorce. She serves on the board of the Collaborative Professionals of Washington.

This is an updated version of Karen’s orginal Co- Parenting handbook. This new version is even better and adds in more information regarding the separation period, both for the parents and the kids. I echo my remarks from my orginal review...If you have kids and are divorcing PLEASE read this book...I cannot recommend it highly enough. Karen Bonnell is a highly skilled co-parenting counselor and understands what a challenging time divorce can be for parents like no one else can. With this book, she walks the reader through the stages and transitions in an easily understandable way. It often seems unthinkable for angry/hurt parents to move through the place of pain for the benefit of the children but Karen’s book shows it can be done.I especially enjoyed reading the chapter "New Partner’s in your Children’s Lives." Karen’s frankness about attraction vs. Love and information on brain chemistry is something a lot of people might not hear otherwise. There are multiple helpful kernels in this chapter!I admire Karen’s work greatly and wish every counselor/therapist/attorney would make this book required reading for their divorcing clients.As a grown up child of divorce, with parents who had no co-parenting skills, I can tell you from personal experience that if the parents do not learn to co-parent your children’s lives will forever be altered. I wish this "manual" on co-parenting was written much sooner!I wish there was a book like this when my parents divorced.

As a psychologist, author, and divorce coach, I can highly recommend The Co-Parenting Handbook. Karen Bonnell brings a depth of experience to the topic of co-parenting, covering all of the important topics for which co-parents need quality information and guidance. Sticky issues big and small are addressed. Most importantly, the Handbook is consistent throughout in helping parents remain focused on the needs and perspective of the children. The specific examples and highlights at the end of each chapter are especially helpful. For divorcing parents embarking on the challenge of co-parenting, this is a must-read to become the "co-parent executive officers" you want to and need to be! For any other person or professional who helps divorcing parents, this Handbook has invaluable information and perspectives. I highly recommend it!

If there were 10 stars, I would give 20! As a Mom, Step-mom, Divorce Attorney, Guardian ad Litem and co-parent, this book is a must for everyone and I mean everyone involved with parents and children of divorce. This updated version offers some amazing information on brain chemistry too

which is a big plus. Karen's insight and expertise in this area is unsurpassed. She is my "go to co-parent coach" for the toughest situations. This book allows everyone to have Karen by their side as they navigate the co-parenting. Co-parenting is not for the faint-hearted - it's up there with raising teens! Karen expertly guides the reader through the pitfalls of co-parenting. Buy this book, your children will be eternally grateful that you cared enough about their future, their future relationships and their future psychology to do something about it now. Happy co-parenting.

I am a mediator who has helped many families transition after separation. I've been a supporter of Karen's work in this field for a while now, and highly recommend her materials including this Co-Parenting Handbook she's now updated with Kristin. It really is a wonderful resource, with down-to-earth, practical advice for separating co-parents to help them do the best they can for their kids in a challenging time of change.

As a therapist and child specialist, I recommend this important book to parents who are learning to co-parenting following a separation, as well as family lawyers, parent coaches, child specialists, and therapists. It contains extremely useful information to create a healthy co-parenting relationship which benefits the children and parents. Well written, straight forward, and practical.

This book is rich in practical solutions to help parents prevent getting stuck in their co-parenting relationship or find solutions to snags they are experiencing. It is well written, easy to read and results oriented. I recommend this book to every parent I work with in divorce, mediation and parent coaching.

A must read not only for co-parents, but also for anyone interested in how to support changing families. Very informative and instructive in a powerful way to resolve short-term and long-term issues.

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