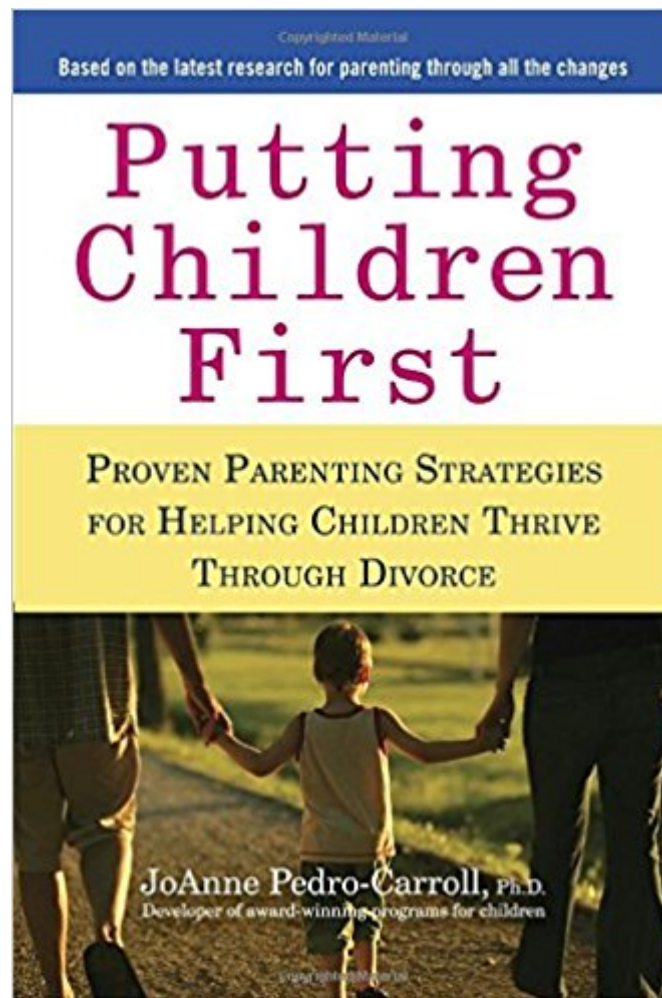




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# Putting Children First: Proven Parenting Strategies For Helping Children Thrive Through Divorce



## 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

"I am proud to recommend Dr. JoAnne Pedro-Carroll's new book, Putting Children First: Proven

Parenting Strategies for Helping Children Thrive Through Divorce. It is very readable, but incorporates a vast amount of research as well as the author's own extensive clinical experience. Today, when so many children suffer the problems created by their parent's divorce, parents and the professionals who work with them during the transitions relating to divorce will find this book a great guide to helping their children cope more successfully." -Robert J. Haggerty, M.D. former president of The W. T. Grant Foundation and The American Academy of Pediatrics "Putting Children First provides an abundance of useful information for parents who are divorced, thinking about divorce, or in the process of divorcing. JoAnne Pedro-Carroll is a highly respected psychologist, researcher, and developer of programs for children. She draws on scientific research as well as her own clinical experience to provide clear guidelines for parents based on the best available evidence about what works. I strongly recommend this book to parents as well as mental health and legal professionals who work with children from divorced families." -Paul R. Amato, Arnold and Bette Hoffman Professor of Family Sociology and Demography, Pennsylvania State University "This book provides tremendously valuable insight and information about a child's thoughts and feelings and practical advice to parents, counselors and therapists dealing with the trauma accompanying divorce proceedings. Dr. Pedro- Carroll describes the fears and concerns of children and clearly articulates a sensitive way for parents to approach these issues so that families can move forward with their lives in a healthy way." -Judge Sondra Miller, Director, NYS Unified Court System Office of Matrimonial and Family Law, and former Justice, Appellate Division of the NYS Supreme Court. "By listening to children and combining a quarter-century of experience with the results of extensive research, Dr. Pedro-Carroll shares invaluable insights into the thoughts and feelings of children who experience what they often call "my divorce."...The guidance offered by this book is unique because it is based on an exceptional knowledge of what goes on in the minds of children and because of the blended sensitivity and pragmatism of the author." -Lawrence F. Nazarian, MD, Clinical Professor of Pediatrics, University of Rochester School of Medicine & Dentistry "I have known JoAnne Pedro-Carroll personally and professionally for over 20 years. She clearly is one of the country's top divorce experts. She stands alone in her combination of ground breaking research, keen clinical insights, and unmatched sensitivity to children's struggles through divorce. Her reputation alone will garner great interest in the book. Her knowledge and emotional understanding will surely keep this book on the shelves of divorced parents, therapists, lawyers, and bookstores for years to come." -Robert E. Emery, Professor of Psychology

Joanne Pedro-Carroll, Ph.D., is a clinical psychologist, researcher, therapist, and clinical associate

professor of psychiatry at the University of Rochester Medical Center. Dr. Pedro-Carroll founded and directed the Children of Divorce Intervention Program and her work has earned numerous awards including the American Psychological Association's Award for Distinguished Contributions in Public Service. She has been married for thirty years and is the mother of seven children and stepchildren. --This text refers to an out of print or unavailable edition of this title.

This book is helping me navigate the struggle that is coparenting with somebody you are divorcing. It helped me prioritize the needs of my kids, and be emotionally aware of their struggles as well, after the initial shock, grief, anger that came with the divorce. It compliments the way I have always strived to raise my kids, with a spirit of empathy, communication and attachment, through a time of upheaval. Parenting through divorce (or Parenting Through Rage, as one of my friends pointed out) is not easy, but this book helped me acknowledge my own feelings and processes, and make a plan to positively coparent with my ex. I haven't always been a perfect parent through it all, or done the right things, but this book gave me hope for helping my kids (and myself) come out of this whole.

A book every parent needs to read before, during or after divorce. Tremendous insights, guidance, tactical advises, and genuine love to children and their well being. And a relief for parents-I am not alone.

Very helpful in making me realize things I would have never thought of.

This book touches on the emotional impact of divorce from each family members perspective which helps the healing process through understanding. It also offers real examples and good age appropriate communication tools for to share with your kids. And finally, there is te hope of moving forward in a healthy way including future relationships. Great book.

I cannot say enough good things about Putting Children First. I am going through a divorce with two 8 year old twin boys. I feel terrible about it, but much less so after reading this wonderful and essential book. Putting Children First presents simple strategies, in easy to understand language, that enable parents to reassure children, provide them with security, and shield them from trauma during a divorce. Putting Children First shows that divorce is a passage that can be successfully and safely navigated. By showing how children can be protected, this is a superb, life-affirming book. It is a must-read for anyone undergoing this transition. You owe it to your children.

Great book if both sides would read and listen to the advice

Dr. Pedro-Carroll has given us a valuable resource for resolving family conflict successfully. When we hear our children's voices, parental decision making comes into focus. Effective problem solving considers what is best for Mom and Dad AND the children. This is a beautifully written and heartfelt compendium of research and practical advice. I am a collaborative divorce lawyer and my colleagues and I have this book on our shelves to share with clients going through separation and divorce. David R. Murch, Esq.

I haven't finished reading this book yet, but I have already gotten some value out of this book and would recommend it to others with children who are going through divorce. It's a bit long. And I don't think it's the only book to read. But if you're looking for answers about how to help your kids through all of the horrible changes that the destruction of their world will bring, you should include this book in your search for help. I am glad I did.

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