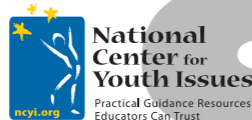


To Chelsey, Olivia, and Ella.

-Julia

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## Introduction



While working as a school counselor, I had a child come into my office and say, "My parents are getting a divorce, and it's all my fault!" I looked at the child and said, "Oh, no it isn't. There are usually only 3 reasons why people get a divorce: They can't trust each other anymore, they can't talk to each other anymore, or they just don't respect one another. Look, your name isn't on this list! You did not cause your parents' divorce."

When a family goes through a divorce, it can be stressful, confusing and difficult for everyone involved. In an attempt to make sense of the divorce, a child may place blame on him or herself.

The purpose of this book is to present a concrete explanation of why people get divorced and explain the three C's of divorce:

I did not **CAUSE** it.

I cannot **CONTROL** it.

I'm going to have to learn to **COPE** with it.

Successfully working through a divorce is a team effort. It's not always easy, but it can be done. Here are a few tips:

Divorce Survival Tips for Good Parents:

- Stay involved in your child's life in every way possible.
- Use direct communication with your ex-spouse - do not talk through your child.
- Do not say mean things about your ex-spouse in front of your child.
- Work hard to be civil to one another when your child is present.
- Support the time your child spends with your ex-spouse. Do not act jealous.
- Keep your child's teacher, school counselor, and child care provider informed.

BEST!

Julia Cook

*"Otis," my Gram said. "This divorce is not your fault, and you don't have to deal with it all by yourself. I can help you.*

*There are 3 things about divorce that you need to know:*

*You didn't **CAUSE** it!*

*You can't **CONTROL** it!*

*So you're going to have to learn to **COPE** with it!"*



*"Even if... you had been nicer to Raymond and Ronald,*

*Even if... you had studied hard for every single spelling test,*



*Even if... you hadn't put gum in Matilda Bruno's hair,*



*Even if... you had taken a bath every single time your mom told you to.*



*Your parents **would still** be getting a divorce."*