



What About the Kids?: Raising Your Children Before, During, and After Divorce

Judith S. Wallerstein

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Now in paperback--a groundbreaking guide that tells parents how to help their children at the time of the breakup and in the many years that follow within the post-divorce and remarried family--from the *New York Times* bestselling author of *The Unexpected Legacy of Divorce*.

In the tradition of the best parenting guidebooks comes a new work by the renowned child psychologist Judith Wallerstein on a subject that vexes millions of American moms and dads: How can you genuinely protect your children during and after divorce? Wallerstein answers this important question based on 30 years of in-depth interviews with children of divorce and their parents.

Divorce is not a single event but a lifelong trajectory of changed circumstances that demand a different kind of parenting than we have ever known. In *What About the Kids?* Wallerstein shows parents how to create a new family with compassion and wisdom. It covers issues that arise at the time of divorce as well as suggestions for talking to your children months and years after the event.

Eminent psychologist Judith S. Wallerstein shares her unique insight and advice in *What About the Kids?*--the first comprehensive guide to easing the impact of divorce on your children--including:

- The best and worst ages for children to experience their parents' divorce
- Right and wrong ways to explain divorce to your children
- Choosing a custody arrangement that's best for your child
- How to involve the grandparents--a major resource?
- Getting the children on your side when you form new relationships
- The positive effects of divorce on children (believe it or not)
- How divorce can actually make you a better parent
- Raising children who grow up able to form lasting relationships

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