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### **Best Resources for Divorced Parents and Separated Families**

Welcome to a secret view into the world of the net-generation. I love writing to you (maybe a little too much) so enjoy, stick around and be sure to tell me what you think...and, duh, get on my email list quick! (on the right, "subscribe via email"). Or subscribe to my [RSS feed](#).



*I am so happy to put up this post. I wrote it with my interns...*

### **Best Blogs for Divorced Parents**



## Divorced Websites for Parents

[Child Centered Divorce](#) Rosalind Sedacca is very active in educating parents about divorce. Her website, "Child-Centered Divorce," helps parents minimize the emotional trauma for children whose parents are going through a divorce.

[Divorce@Suite101](#) Lots of great resources here with celebrity contributors!

[Attachment Parenting Blog](#) Great Dad perspective with three children, 11, 8 and 4, which is a discussion venue for topics relating to single parenting, divorce, fatherhood.

[Gabriel Cheong Law](#) "This blog is really great, videos, interesting articles and I am sure very helpful legal advice for sticky situations divorced families get into." -Nick, 19

[Single Parent Survival Guide](#) this is a great blog by Cliff Carlton, posts are spread about, but really useful!

[Divorced at 50](#): What is life like after a 32 year relationship? This blogger spills all.

[Judith's Divorce Blog](#) Reflections on divorce, separation and associated topics by Judith Middleton, who is qualified as a solicitor and an accredited family law specialist. Interesting perspective on this topic!

[Dad's House](#): "A single dad's exploits—great music taste and he talks about all aspects of life." -Mary

[Divorce Diva](#) A humorous and sweet perspective to a difficult situation—thank goodness.

[Your Child - Your Divorce](#): Great articles and resources about kids and family going through divorce.

[Women's Divorce Blog](#) "Wow, a lot of really hard hitting articles and topics that are very well organized, a little bit like reading a book in pieces—good." -Mary, 14.

[Glenn Sacks](#) "His stance is tough, but he seems to have a lot of different kinds of columns and resources about divorce!" - Nick, 19.

[Damn Divorce](#) "This is so funny, great comments and posts! I like her honesty." -Marci, 17

[Life After Divorce: New Horizons](#): "I like how there are really positive and uplifting articles on this blog!" -Marci

### [Lifestyle of a Divorced Single Mom](#):

This is a cute blog with lots of great stories.



[Fathers For Life](#) “Fatherlessness is the absence of their fathers in children’s lives. It is a large and serious social problem.”

[Step by Step](#): This blog is run by 5 moms who share their stories.

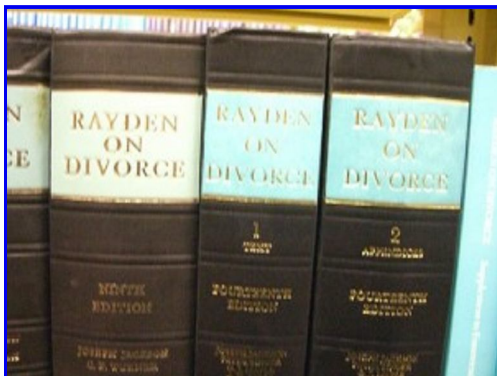
[The Divorce Blog](#) This is really divorce professionals like lawyers educating consumers and parents. Their [homepage](#) also has a lot of great resources.

[Children and Divorce](#): Learn about children’s rights and what they best need from divorced parents.

## Best Podcasts for Divorced Parents

[Divorced Connections Talk](#) They say it best: “Guidance and Solutions from a Team of Legal, Emotional and Financial Experts. Hosted by members of Divorce Connections. “Helping You Put Your World Back Together” and “Changing the Way People Go Through the Divorce Process”.”

[Divorce 101 Show](#) “Carolyn’s advice I think is good, I like that she is comforting and honest about her



experiences” -Mary, 14. Carolyn has a ton of resources on her [website and blog!](#)

[Divorced Dad Minute](#) “Thank goodness something quick! I think men will really like this because they are really quick one minute helpful tips!” -Nick, 19

[NC Divorce Talk Radio](#) “Even though it is from North Carolina (my hometown) I think that many divorced families would find this show helpful.” -Sue, 16

[Divorce Resources: Radio Sandy Springs](#) Margot Swan is a great educator on divorced resources and this page has a few of their shows on divorce topics.

[Divorcing Daze](#) This is one of my favorites, I have done a show with Laurie and Laurie—hilarious and helpful!

[Tales of a Single Parent](#) “Oh this is cute, my mom is a single parent and she said she loved this show.”

-Mary, 14

## Best Books for Divorced Parents

[How to Help Your Child Overcome Your Divorce](#) by Elissa P Benedek and Catherine F. Brown “This book was really well organized and I liked a lot of the take-home tips and end of chapter summaries.” -Marci, 17

[Surviving an Affair by Willard Harley](#) “Awesome book on surviving an affair” -reader submitted

[Divorce Common Sense Handbook 180+ Things to Do and 8+ Things Not to Do Before Your Divorce by Judy Colbert](#) “I tend to like list books, and this one seems like a really straightforward and helpful guide.” -Nick, 19.



[How to Parent with Your Ex by Brette McWhorter Sember](#) “This unique flip book (one side for each parent) offers down to earth, practical solutions to help parents find a way to work together for the good of their child.”

[Mom’s House, Dad’s House by Isolina Ricci](#) “I like Ricci’s age appropriate advice, because I think we all have different needs. Like, I had different problems than my younger brother.” -Sue, 16

[How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children — with Love!](#) by Rosalind Sedacca Rosalind does a great job in this book for parents with younger children. Her sweet stories and advice are really great.

[Still a Family: A Guide to Good Parenting Through Divorce](#) by Lisa Rene Reynolds Due out on Paperback - Feb 19, 2009 I got to read an advanced copy and liked it a lot!

## Best Websites for Divorced Parents

[HeartSingleParents](#) is a social networking site by and for single parents. It offers practical and moral support through its forums, discussion groups, instant messaging and regionally based live events.



[Divorce Support Plus](#) “Lots of different articles organized for parents with kids of all ages”-Maria, 16.

[First Wives World](#) Mostly for single moms and women who have gone through divorce, recently launched a great social network that seems like it would be a great outlet.

[Singular City](#) “This is just Los Angeles based single adults and parents, but they seem to have some great forums and articles” -Nick, 19

[Divorce 360](#) 2 readers submitted Divorce 360 to me and when I checked it out I was overwhelmed by the amount of resources and advice.

[Divorce Care](#) (reader submitted) “This is a phenomenal system to assist those going through or contemplating a divorce.”

[National Association of Divorce for Women and Children](#) Love their mission: “To empower women during and after divorce to regain their confidence, build self-esteem and create a foundation of life skills to enhance and improve the quality of life for



themselves and their children”

## Tools for Divorced Parents

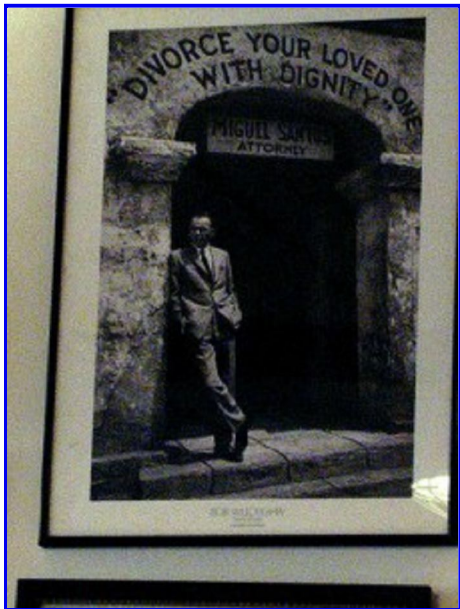
[YES & Company](#) has programs and seminars about relationships and interacting with people. I have heard that they help divorced families transform hurt and pain into

learning experiences and growth.

[OurFamilyWizard](#) helps to facilitate scheduling and other issues between divorced spouses in order to make their lives easier when coordinating for the family and children.

[AirSet](#) Also lets users coordinate schedules, share files, send mass text messages, store files in a shared folder (no more sending attachments back and forth), and sync with Outlook and Palm...wish I had this when I was moving houses!

[Divorcenet](#) This is a huge resource for state-specific articles, an online community and a nationwide directory of divorce lawyers, mediators and financial professionals—very helpful!



[SingelRingen](#) I love this idea, it is a ring for men and women: “We should stand up for what we are – we are always more attractive to others when we are comfortable being single. Dare to be a proud single!”

[About.com QuickTips](#) Lots of regional links for lawyers and tips.

## Posts Like This One

[50 Best Mom Blogs...](#) and [Best Mommy Blogs Part II](#)

[Best Parenting Podcasts](#)

[25 Coolest Websites for Non-Techies](#)

A yellow banner advertisement for Norton. On the left, the text reads 'Start The Talk' in large black font, followed by 'You can be a part of your children's online life.' Below this is a white button with the text 'Start Now' and a right-pointing arrow. To the right of the button is the Norton logo, which says 'Norton' in a bold, sans-serif font with a checkmark-like shape above the 'o', and 'from symantec' in a smaller font below it. On the right side of the banner is a photograph of a woman and a young girl looking at a laptop screen together.

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- [Children's Bill of Rights](#)
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**2 responses so far** ↓

- [1 Steve Grissom](#) // Oct 20, 2008 at 9:36 am

Great blog post!

Consider adding DivorceCare for Kids (see URL above).

Thanks

Steve Grissom

- [2 Gabriel Cheong Law » Blog Archive » Divorce Resources](#) // Oct 20, 2008 at 2:13 pm

[...] Teens Today with Vanessa Van Petten, took the time (along with help from interns) to compile a list of the most useful blogs, podcasts, books, websites and tools for divorced parents and families. [...]

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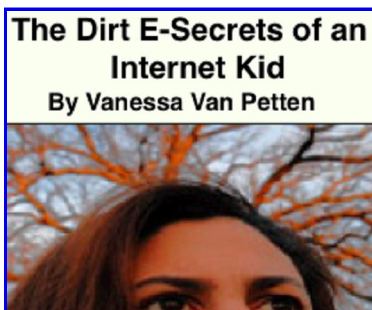
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- New Post: Teaching Teens to Overcome Fear: This guest post is by: Laya Saul is the author of ..  
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## • **Need a Mentor?**

Vanessa is now doing virtual coaching as a Peer Mentor and Family Coach! Find out more: [Change Your Life!](#)



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