1. Record Nr. UNINA9910450486203321 Autore Sember Brette McWhorter <1968-> Titolo Parenting with your ex [[electronic resource]]: working together for your child's best interest / / by Brette McWhorter Sember Naperville, III., : Sphinx Pub., 2005 Pubbl/distr/stampa **ISBN** 1-281-82488-7 9786611824884 1-4237-2301-5 Edizione [1st ed.] Descrizione fisica 1 online resource (375 p.) Disciplina 649/.1/08653 Soggetti Parenting, Part-time Divorced parents Children of divorced parents Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Bound in back-to-back format with separate sections for the residential Note generali and nonresidential parent. Includes index. ""Residential Parent""; ""Copyright Page""; ""Dedication ""; Nota di contenuto ""Acknowledgement""; ""Contents""; ""Preface""; ""Introduction""; ""Chapter 1: Facing Reality""; ""Understanding Terms""; ""Do Not Get Hung Up on Words""; ""Things Will Not Be the Same""; ""Look at the Other Side""; ""Let Go of Anger and Blame""; ""Ways to Move Forward""; ""Dealing with Loss""; ""Respect the Other Parent's Time""; ""Changing the Schedule""; ""Ways to Focus on Your Child""; ""Chapter 2: Your Changing Relationship with Your Child""; ""The Effects of Divorce""; ""Children's Common Reaction to Divorce"" ""Reactions by Ages""""Gender Differences""; ""Riding the Ups and Downs""; ""Dealing with the Bad Times""; ""Symptoms of Depression in Children""; ""Anger and Resentment""; ""Do Not Say Anything Bad about the Other Parent""; ""Dealing with the Fear of Abandonment""; ""Dealing with Divided Loyalties""; ""Dealing with Your Changing Feelings""; ""Dealing with Your Child's Changing Feelings""; ""Chapter 3: Communicating with Your Child""; ""What You Should Say to Your

Child""; ""Things to Say to Your Child""; ""Things Your Should Not Say""; ""Things Not to Say to Your Child""

""Listening to Your Child""""Chapter 4: Rules for Your Child""; ""Whose Rules: Yours or the Other Parent's""; ""Creating Rules Together""; ""Rules to Discuss with the Other Parent"; ""Discussing Rules with Your Child""; ""Sample House Rules List""; ""Sample Sticker Chart""; ""Sample Contract with a Teen""; ""Creating Your Own Rules""; ""The Other Parent's Rules""; ""Rules that are Wrong""; ""Misinformation""; ""Bending the Rules""; ""Changing Rules for Your Changing Child""; ""When Rules are Broken""; ""Final Thoughts about Rules""; ""Tips for Making Rules that Work""

""Chapter 5: Rules for Yourself"""Deal with Your Emotions""; ""Tips for Dealing wih Your Emotions""; ""Work with the Other Parent""; ""Do Not Speak Negatively about the Other Parent""; ""Talk to Your Child""; ""Respect Visitation""; ""Avoid Confrontations""; ""Talk Honestly, but Carefully about the Divorce""; ""Make Real Promises to Your Child""; ""Be on Time""; ""Make the Best of It""; ""Rules to Live By""; ""Chapter 6: Communicating with the Other Parent""; ""Try to Develop a New Relationship""; ""Set Co-Parenting Rules for Yourselves""; ""Be Flexible"" ""Develop a Written Schedule Together"""Bite Your Tongue""; ""Divide Responsibilities""; ""Arguments""; ""Setting Up Times to Talk""; ""Getting Help""; ""When All Else Fails: Try the Business Transaction Approach""; ""When It is Unbearable""; ""Parenting Communication Rules""; ""Chapter 7: Encouraging and Assisting With Visitation""; ""Talking to Your Child about Visitation""; ""Things to Say to Your Child about Visitation""; ""Things Not to Say to Your Child about Visitation""; ""Your Responsibility for Visitation""; ""When Your Child does not want to Go"" ""When Your Child would rather be There""