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Titolo	Parenting with your ex [[electronic resource]] : working together for your child's best interest // by Brette McWhorter Sember
Pubbl/distr/stampa	Naperville, Ill., : Sphinx Pub., 2005
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
Note generali	Bound in back-to-back format with separate sections for the residential and nonresidential parent. Includes index.
Nota di contenuto	""Residential Parent""; ""Copyright Page""; ""Dedication ""; ""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 with 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"
