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Titolo	Parenting with your ex : working together for your child's best interest / / by Brette McWhorter Sember
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (375 p.)
Disciplina	649/.1/08653
Soggetti	Parenting, Part-time Divorced parents Children of divorced parents
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"

Sommario/riassunto

This manual is the only book designed for both residential and non-residential parents. Formatted and printed in a back-to-back manner, the book encourages both sides to understand the other's point of view, and so enables both parents to make the most of time spent with the children. How To Parent with Your Ex provides support for the difficult situation the non-residential parent is in and practical, to-the-point advice about how to reap the most benefits from the visitation time available. Conversely, it addresses the role of the residential parent and the need to understand the changing relationships the child is going through. By focusing on the child, both parents are able to solidify a special relationship with the child and maintain necessary, positive communication with the ex-spouse. Appendices for this text include various parenting organizations, publication resources, related websites and sample visitation plans and schedules.
