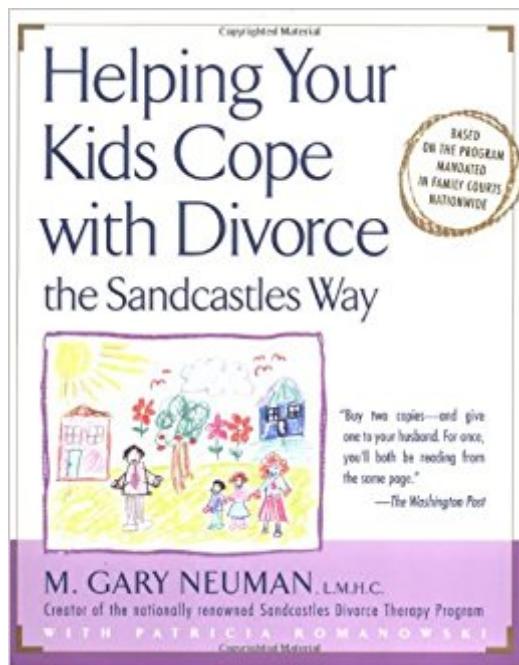


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# Helping Your Kids Cope With Divorce The Sandcastles Way



## Synopsis

Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. *Helping Your Kids Cope with Divorce the Sandcastles Way* can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you:

- How to build a co-parenting relationship--even when you think you can't
- When you or your child should see a therapist
- Age-appropriate scripts for addressing sensitive issues
- What to do when a parent moves away
- How to stop fighting with your ex-spouse
- How to navigate the emotional turmoil of custody and visitation
- How to help your child deal with change
- How to cope with kids' common fears about separation
- How to introduce significant others into the family and help your child cope with a new stepfamily

More than a hundred pieces of artwork from children of divorce will help you appreciate how kids perceive the experience. Dozens of special activities and fun exercises will help you communicate and get closer to your child. This guide shows you that divorce need not be an inevitable blot on children's lives, but an opportunity for them to grow and strengthen the bonds with their parents.

## Book Information

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## Customer Reviews

Kids tend to blame themselves when parents divorce. The Sandcastles workshop--now mandatory in over a dozen counties throughout the United States--is a half-day group session for children of divorce between the ages of 6 and 17. This intensive workshop helps kids open up and deal with

their feelings through drawings, games, poetry, role playing, and other activities. *Helping Your Kids Cope with Divorce* details many of the workshop exercises, all designed to increase communication, understanding, and togetherness between parents and kids. The book is also packed full of suggestions on everything from the best way to break the divorce news to a child (it differs according to age group) to facing the holidays, visitation, custody arrangements, anger, discipline, co-parenting, single parenting, overcompensation, sorrow, custody fights, and much more. Author Gary Neuman never patronizes or preaches, and although he is technically a child advocate, he proves himself to be an advocate of every member of the divorcing family. Neuman takes a hands-on approach and believes that children need not be permanently scarred by divorce--that with work and time, divorce can actually become a positive force for change. A powerful tool for protecting children caught amid parental struggles, *Helping Your Kids Cope with Divorce* should be required reading in all divorcing families. --Ericka Lutz

More than 20,000 children have taken part in the Sandcastles™ program, a method through which children of divorcing parents learn to cope with the breakup by meeting with each other and trained counselors. This program, completed in one 3.5-hour session, is available in Miami, Minneapolis, Pittsburgh, and dozens of other cities. Neuman, a counselor, rabbi, and creator of the Sandcastles™ program, encourages children to speak, draw, and write to help them express their feelings and realize that they are not alone, weird, or at fault. Here he writes for parents who may not have access to the sessions and want to help their children through the experience of divorce. This is a thorough guide, using the art, letters, prose, and expressions from children in Sandcastles™ programs across the country. Sidebars, quotations, "dos and don'ts," and surveys make it easy to read. Highly recommended for all parenting shelves. Linda Beck, Indian Valley P.L., Telford, PA  
Copyright 1998 Reed Business Information, Inc.

I STRONGLY RECOMMEND READING THIS BOOK. AFTER HEARING GARY NEUMAN SPEAK AT A BOOK SIGNING, I PURCHASED THIS BOOK. THIS BOOK HAS GUIDED ME THROUGH THE PROCESS OF DIVORCE, TO MAKE SURE THAT MY CHILD CAME THROUGH THIS DIFFICULT TIME WITHOUT TOO MUCH PAIN. I HAVE REFERRED TO THIS BOOK PRIOR TO MY DIVORCE AND TO THE PRESENT, 4 MONTHS AFTER. GARY NEUMAN, WRITES IN A WONDERFUL, EASY TO UNDERSTAND MANNER FOR ALMOST EVERY SITUATION THAT WILL ARISE. BUY THIS BOOK, AND READ IT, SO YOUR KIDS AND YOU CAN HANDLE THIS DIVORCE THE SANDCASTLES WAY. IF GARY NEUMAN IS SPEAKING SOMEWHERE, GO

HEAR HIM SPEAK. YOU WILL BE HAPPY YOU DID!!

broken out by age. They come at the concept from a few different angles. ~most valuable to me is to understand how each age group will verbalize and understand a separation. This is a book about how to do things right. Every little nugget is invaluable now. Great perspective.

I'm a family law mediator, helping couples to separate their assets and debts and set up healthy parenting plans -- without going to court! I keep this book on my conference table and recommend it to every couple I meet with children. It is an incredible resource for them, because it divides discussions of children and divorce into age categories and discusses what children need at different ages. It also has chapters on dealing with anger effectively, co-parenting, and how to introduce new relationships to children. I highly recommend it for anyone considering divorce or who is in the midst of it! Judy Williams Center for Mediated Divorce

This with a few others helped my 3 year old understand what's going on with her mom and I separating. Very beneficial book!

I read this when I first went through my divorce. I'd borrowed it from the library. Should've just purchased it, because as my kids grow, new issues arise. This is the best book EVER for parents explaining divorce to kids.

Ok for Real, this is the book to get! and like the cover said, get one for your spouse also. its a normal worded book that makes logical sence. we all need to read this book, EVEN IF YOUR NOT GETTING A DIVORCE! its reality based and full of good ideas that should be in the obvious category, but when your going threw these impossible times, its hard to see what way is up! this book put alot of what we are all feeling into perspective so it can be dealt with and not ignored! Do yourself a favor & get a few copies, just pass them out! this is a book to have in hard copy, not a kindle kind of read at all. =) THANKS A MILLION to all those other great reviews, thats what made me get it in the first place! GOD BLESS YOU ALL, and Good Luck!

After going through a nasty divorce with a man that has used every form of manipulation possible on both of my children and myself, I needed guidance. This book has been very helpful for me to try and understand what my children, ages 8 and 10, are going through and help them cope with their

emotions and different situations. I would highly recommend getting this book and using it as a reference for those tough things that pop up. Particularly when "The Ex" is a total jerk.

Divorce is not a pleasant experience and it affects the entire family. Mature grown-ups can become the ugliest, nastiest, most bitter creatures around. And despite how much they may put on a good face in front of their kids, kids see through all the subterfuge. They are much better at reading the non-verbal communications than any of us would imagine. Neuman's book is a sensible, positive, and down-right amazing approach to dealing with the most critical individuals involved in this process: our kids. His Sandcastle's program has had excellent success for years. Neuman addresses what is developmentally appropriate for each age group, helping the reader understand quickly the unique communication needs from the littlest people in our lives to our teens.

Understanding this helps parents establish appropriate communication modalities and connect with their kids through this incredibly challenging time. Make no mistake about it: this is not a book that addresses reconciliation. This is a compassionate, straight-forward book that guides you on the path to helping your children heal effectively and grow into healthy young people.

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