



# Helping Your Kids Cope with Divorce the Sandcastles Way

*M. Gary Neuman, Patricia Romanowski*

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# Helping Your Kids Cope with Divorce the Sandcastles Way

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**Helping Your Kids Cope with Divorce the Sandcastles Way** M. Gary Neuman, Patricia Romanowski  
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.

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