

RESOURCE GUIDE

Episode 24, January 2026: “Divorce: A Family Navigation Guide”



Fresh Starts Registry Website:

- Visit the [Fresh Starts Registry](#) designed by our guest, Olivia Howell!
- Listen to the [Divorce Happens Podcast](#) and gain insight on how to discuss specific topics about divorce within families.
- Check out these **3** episodes from the Divorce Happens podcast by a local child psychologist: [From Meltdowns to Milestones](#), [Divorced and Parenting](#), and [The Secret Connection between Divorce, Grief, and Child Development](#).
- Read a free, ultimate divorce guide [e-book](#) that includes scripts and conversation starters for talking to children of different ages about divorce.

Mentioned in the Episode:

- Check out this [Cooperative Co-Parenting](#) book about raising kids with shared custody.
- Discover these [5 books](#) on empowering children and families during a *Fresh Start*.

About Children Handling Divorce:

- Read this scholarly article about [how children understand divorce](#) from the National Library of Medicine database.
- Learn from the Child Mind Institute on how to [support children during a divorce](#).
- Discover the power of [one-on-one](#) time to support children going through a divorce.
- Gain insight about surprising things people learned from their parent’s divorce on the blog, [Wondermind](#).

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Co-parenting During and After Divorce:

- Visit the [National Parents Organization](#) for an extensive guide on ‘Shared Parenting’ when parents are divorced or separated.
- Learn co-parenting and joint custody tips for divorced parents by [HelpGuide.org](#) and [Kids In The Middle](#).
- Discover how to manage the stress of co-parenting [after divorce](#).

Resources for Children:

- Uncover resources from the [Sesame Workshop](#) (From Sesame Street!) to help guide children through the divorce process.
- Discover this Booklist from the [New York Times](#) of children’s book that may help ease transitions.
- Share this resource with teens [dealing with divorce](#), from TeensHealth.

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