

# Kids First

*What Kids Want Grown-Ups  
To Know About  
Separation & Divorce*

*Authored by:*

*Kids First<sup>SM</sup> Center  
Portland, Maine*

**TOWER**  
 **PUBLISHING**

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“*Kids First* is an honest and practical guide to providing emotional and physical well-being to children whose world is rocked by divorce. This book is preventative medicine for all divorcing parents.”

~ Christiane Northrup, M.D., author of *Mother-Daughter Wisdom* (Bantam, 2005) *The Wisdom of Menopause* (Bantam revised 2006) and *Women's Bodies, Women's Wisdom* (Bantam, revised 2006)

“*What Kids Want Grown-Ups to Know about Separation & Divorce* is a must-read for divorced or separated parents who love their kids. As a grown-up with divorced parents, I saw my own thoughts and feelings reflected in the pages of this important guidebook. This publication is a testament to Kids First Center's core value: thoroughly kid-centric, collaborative parenting.”

~ Evan Stern, Minnetonka, MN

“This book is a gold mine of information for separating parents and for the professionals who serve parents and their children. As a GAL (Guardian ad Litem), mediator and therapist who deals daily with separating parents and their children, I want to give [each parent] a copy of *What Kids Want Grown-Ups to Know About Separation & Divorce*. It will surely help lower inter-parental conflict and make life better for thousands of children affected by this issue.”

~ Felicity Myers, LCSW

“Like so many parents, we were really worried about the impact of our divorce on our children. Kids First showed us that if we did things right and co-parented together, our three kids could turn out great. If you can't attend a Kids First program, this book is the next best thing.”

~ Bob Stein and Susan Wuchter Stein  
Divorced 1999, 3 children

“*Kids First: What Kids Want Grown-Ups to Know about Separation & Divorce* is the answer to a family therapist's dream. If every couple going through this difficult life stage could read this book, I feel there would be many fewer hurt children leaving a legacy of dysfunctional relationships of their own.”

~ Bland Maloney, LCSW  
Family Therapist

“The folks at Kids First have skillfully and caringly put the voices of children at the front of the classroom, teaching us all what it feels like to be a kid when families disrupt. This book does a superb job of translating children's expert knowledge into clear and concise language that even grown-ups can understand. I'd recommend it to parents, legal professionals, educators, and to anyone who loves a kid in a separating/divorcing family.”

~ Shelley Cohen Konrad, Ph.D., LCSW  
Assistant Professor, University of New England

“Kids First gets it right! Parents who want their children to be well adjusted after their parents’ divorce will take this information to heart and employ it consistently; especially when it is the hardest to do.”

~ Susan Wiggan, LMSW, co-parent coach, Guardian ad Litem  
Founder of Child-Centered Solutions

“One of the most difficult situations we have in schools is when divorced parents use the school as a battle ground. This book would help counselors and teachers and administrators understand the feelings of all parties. It also would give us some language to help the situation. This is a must read for school people and a great reference guide.”

~ Mike McCarthy, Principal  
King Middle School

“This book is so easy to read because it is organized and sequential. It sets the scene for the many issues that can cause problems for children as they come to understand the divorce or separation of their parents. Of particular value to the reader are the clear examples that show the cause and effect of adult behavior and children's emotions. The consistent offers of advice in each chapter on how to address issues and possible solutions leave the reader feeling empowered with a positive plan of action.”

~ Tricia M. Weyand, College Placement Officer, Assembly Delegate for New England Association for College Admission Counseling  
Scarborough High School

“*What Kids Want* gives parents an honest, eye-opening perspective of divorce through a child’s eyes with real-life situations from young people and adults who were children of divorce. Adults who take the time to read this book will gain useful information, insight, and resources to help the children in their lives deal with divorce.”

~ Betsy Norcross Plourde, LMSW  
Executive Director, Advocates for Children

“*Kids First: What Kids Want Grown-Ups to Know about Separation and Divorce* is an excellent resource for educators to understand that separation and divorce are some of the heaviest ‘baggage’ that students, in this situation, bring with them everyday to school. The stories told in this book give a clear picture of the impact this crisis has on kids. When you read these stories you can actually feel their pain. I feel that this book should be in every school and should be required reading for educators.”

~ Vicky Johnson, Media Specialist  
Richfield Springs Central School

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