



Links for Families on Separation and Divorce

HelpGuide – Children and Divorce

<https://www.helpguide.org/articles/parenting-family/children-and-divorce.htm>

Kids Health from Nemours - Tips for Divorcing Parents

English: <https://kidshealth.org/en/parents/divorce.html?WT.ac=p-ra>

Spanish: <https://kidshealth.org/es/parents/divorce-esp.html?WT.ac=pairedLink>

HealthyChildren.org – American Academy of Pediatrics – How to Support Children after their Parents Separate or Divorce

English: <https://www.healthychildren.org/english/healthy-living/emotional-wellness/building-resilience/pages/how-to-support-children-after-parents-separate-or-divorce.aspx>

Spanish: <https://www.healthychildren.org/spanish/healthy-living/emotional-wellness/building-resilience/paginas/how-to-support-children-after-parents-separate-or-divorce.aspx>

American Psychological Association (APA) – Healthy divorce: How to make your split as smooth as possible

<https://www.apa.org/helpcenter/healthy-divorce>

American Academy of Child & Adolescent Psychiatry – Children and Divorce

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Children-and-Divorce-001.aspx

Spanish:

https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/Facts_for_Families/Pages/Spanish/Los_Ninos_y_el_Divorcio_01.aspx

Family Legal Issues - <https://www.usa.gov/family-legal>

FamilyDoctor.org – American Academy of Family Physicians

Dealing with Divorce

English: <https://familydoctor.org/dealing-with-divorce/?adfree=true>

Spanish: <https://es.familydoctor.org/enfrentarse-al-divorcio/?adfree=true>

American Association for Marriage and Family Therapy – Managing Conflict During Divorce

https://www.aamft.org/AAMFT/Consumer_Updates/Managing_Conflict_During_Divorce.aspx

FL Department of Children and Families (DCF) – Parent Education and Family Stabilization

Local, Online Courses and Webinars:

<https://www.myflfamilies.com/service-programs/child-welfare/stabilization/>

The Florida Bar – Consumer Pamphlet: Divorce in Florida

<https://www.floridabar.org/public/consumer/pamphlet010/>

Mayo Clinic – Children and divorce: Helping kids after a breakup

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/divorce/art-20047788>

University of Delaware – When a family breaks up: divorce and separation

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/factsheets/when-family-breaks-up-divorce/>

Keiser Permanente – Learning About How to Help a Child Cope with Divorce

English: <https://healthy.kaiserpermanente.org/health-wellness/health-encyclopedia/he.learning-about-how-to-help-a-child-cope-with-divorce.zp4441>

Spanish: <https://espanol.kaiserpermanente.org/es/health-wellness/health-encyclopedia/he.learning-about-how-to-help-a-child-cope-with-divorce.zp4441>

Sesame Street in Communities – Dealing with Divorce

English: <https://sesamestreetincommunities.org/topics/divorce/>

Spanish: <https://sesamestreetincommunities.org/topics/divorcio/>

Ideas.Ted.com – The best possible thing you can do to help your child through divorce

<https://ideas.ted.com/the-best-possible-thing-you-can-do-to-help-your-child-through-your-divorce/>

Zero to Three – Divorce with an under – 3 in the house: What you need to know

<https://www.zerotothree.org/resources/2406-divorce-with-an-under-3-in-the-house-what-you-need-to-know>



parentacademymiami.com