

Responding to Co-Parenting Conflict in the Pandemic

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Resource List

Organizations:

Association for Family and Conciliation Courts. aafcnet.org

American Association of Matrimonial Lawyers

High Conflict Institute. Highconflictinstitute.com

Books on Divorce Research:

Ahrons, C. R. [1994]. *The good divorce*. New York: HarperCollins.

Ahrons, C. R. [2005]. *We're still family: What grown children have to say about their parents' divorce*. New York: HarperCollins.

Hetherington, E. M. & Kelly, J. [2002]. *For better or for worse: Divorce reconsidered*. New York: Norton.

Books on Personal and Relationship skills:

Eddy, B. [2014]. *What's your proposal?: Shifting high-conflict people from blaming to problem solving in 30 seconds*. Scottsdale, AZ: Unhooked books.

Kabat-Zinn, J. [2012]. *Mindfulness for beginners*. Boulder, CO: Sounds True.

Books on co-parenting:

Becker, K.A. [2018]. *A parent's guide to divorce*. Emeryville, CA: Althea Press.

Behrman, L. J. & Zimmerman, J. [2018]. *Loving your kids more than you hate each other*. Oakland, CA: New Harbinger Press.

Bird, K. [2017]. *Self-centered co-parenting: Managing an uncooperative co-parent*. Liberty, MO: New Notion Publications.

Bonnell, K. [2017]. *The co-parenting handbook*. Seattle, WA: Sasquatch Books.

Carter, D. K. [2015]. *Co-parenting after divorce: A GPS for healthy kids*. Scottsdale, AZ: High Conflict Press.

Doyle, M. [2017]. *When your ex doesn't follow the rules*. NY: Morgan James Publishing.

Drutman, H. [2016]. *Divorce: The art of screwing up your kids*. Roswell, GA: The author.

Emery, R. E. [2016]. *Two homes one childhood: A parenting plan to last a lifetime*. NY: Avery Press.

Hunter, M. & LaRochelle, A. [2019]. *The high conflict co-parenting survival guide*. Scottsdale, AZ: High Conflict Institute.

Ross, J. A. & Corcoran, J. [2011]. *Joint custody with a jerk*. NY: St. Martin's Press.

Stahl, P. M. [2007]. *Parenting after divorce*. Oakland, CA: New Harbinger Books

Web materials:

Coparently.com

OurFamilyWizard.com

Talkingparents.com

FredRogers.org/parents/special_challenges/divorce.php

Resources on divorce for children:

PBSKids.org

Sesamestreet.org/toolkits/divorce

Articles on Relationships in COVID-19:

Eddy, B. [2020, April 14]. *7 tips for dealing with difficult people during this crisis*. High conflict Institute.

<https://www.highconflictinstitute.com/hci-articles/7-tips-for-dealing-with-difficult-people-during-this-crisis> Downloaded 5 May 2020

Luscombe, B. [2020, March 27]. Can your relationship survive the togetherness of a pandemic? Here are 11 things couple therapists recommend. *Time*.

https://time.com/5811146/coronavirus-married-relationship/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-article&utm_content=20200424

Articles on Co-Parent Relationships: Specific to COVID-19:

Amanna, J. [2020, May 4]. Co-parenting and COVID-19: Why I'm not going to war with my ex. *Divorce Magazine*. <https://www.divorcemag.com/articles/co-parenting-and-covid-19-why-im-not-going-to-war-with-my-ex>

Cohen, E. [2020, March 13]. 10 steps to co-parent during the COVID-19 crisis. *Psychology Today*. <https://www.psychologytoday.com/us/blog/divorce-course/202003/10-steps-co-parent-during-the-covid-19-crisis>.

Deal, R. [2020, April 24] Better safe than sorry: Co-parenting in the age of social distancing. US News. Downloaded from:

<https://health.usnews.com/wellness/for-parents/articles/co-parenting-during-the-coronavirus-pandemic>

Myres, S. & Belleau, L. [Undated]. *19 tips for parenting during COVID-19*. American Academy of Matrimonial Lawyers.

https://cdn.ymaws.com/aaml.org/resource/resmgr/website/covid_resources/19tipsforparentingcovid_19.pdf Downloaded 24 April 2020

Myres, S., Sullivan, M., et al. [Undated]. *Seven guidelines for parents who are divorced/separated and sharing custody of children during the covid19 pandemic*. American Academy of Matrimonial Lawyers.

https://cdn.ymaws.com/aaml.org/resource/resmgr/website/covid_resources/covid19guidelinesfordivorced.pdf Downloaded 24 April 2020

Articles on Co-Parenting: General:

Arizona Chapter of the Association of Family and Conciliation Courts [2011]. *Co-parenting communication guide*. Author.

<https://www.afccnet.org/Portals/0/PDF/AzAFCC%20Coparenting%20Communication%20Guide.pdf> 24 April 2020

Covey, K. [2015]. *10 tips to keep you from killing your ex during and after divorce*. High Conflict Institute.

<https://www.highconflictinstitute.com/hci-articles/10-tips-to-keep-you-from-killing-your-ex-during-after-divorce> Downloaded 5 May 2020

LaRochelle, A. [2015]. *I'm done!: 4 rules to remember in a high conflict divorce*. High Conflict Institute.

<https://www.highconflictinstitute.com/hci-articles/im-done-4-rules-to-remember-in-a-high-conflict-divorce> Downloaded 5 May 2020