

**Highly recommended for separating parents:**

**Putting children first: a handbook for separated parents (authors Karen and Nick Woodall)**

This book is fabulous and is essential reading if you are a parent who is coping with or facing the trauma of family breakdown. It will teach you the basics of collaborative parenting.

The book has 7 chapters:

- All about you
- Your relationship with your ex partner
- Your children
- You and your children
- Your children and their other parent
- Your new separated family
- Final thoughts

Each chapter is packed with useful information and guidance, together with some personal stories. It includes strategies and teaches skills to help you when addressing your parenting plan. If you can follow the advice in this book then it will give you and your children the best chance possible to adjust well to separated family life.