

BOOKS TO HELP KIDS UNDERSTAND

BOOKS FOR YOUNGER CHILDREN

WAS IT THE CHOCOLATE PUDDING? (AGE 2-6)

BY SANDRA LEVINS AND BRYAN LANGDO

A reassuring story about two brothers who worry they caused their parents' separation. It gently explains that divorce isn't a child's fault and introduces concepts like shared care and single-parent families in an age-appropriate way.

LOVE MAKES A FAMILY (AGE 2-6)

BY SOPHIE BEER

This highly recommended book highlights love as the foundation of all families. Through vibrant storytelling, it reinforces belonging, diversity, and connection.

MY SUPER SINGLE MUM (AGE 2-7)

BY BRONWEN FALLENS

A heartwarming story about a girl and her single mum, celebrating their close bond and joyful life together. It highlights that families can be different, yet still happy and full of love.

MUM AND DAD GLUE (AGE 3-5)

BY KES GRAY AND LEE WILDISH

A gentle, rhyming story about a boy who wants to "glue" his parents back together. It reassures children that, even when families change, their parents' love remains strong.

TWO HOMES (AGE 3-5)

BY CLAIRE MASUREL

This gentle story follows Alex as he adjusts to living in two homes. It reassures young children that, despite changes, they are still loved, focusing on the positives of family separation rather than the loss.

WHY DO FAMILIES CHANGE? (AGE 3-5)

BY DR. JILLIAN ROBERTS

A simple and reassuring book that helps young children understand changes in family life. It gently explains why families change, offering comfort, clarity, and emotional reassurance.

THIS IS FAMILY (AGE 3-7)

BY ZANNI LOUISE

A warm and inclusive story that celebrates diverse family structures. It helps children understand that families come in many forms, all built on love and connection.

LIFT-THE-FLAP QUESTIONS & ANSWERS ABOUT FAMILIES (AGE 3-7)

BY KATIE DAYNES

An engaging, interactive book that answers children's questions about families. Its lift-the-flap format encourages curiosity, learning, and reassurance.

WHEN MY PARENTS FORGOT HOW TO BE FRIENDS (AGE 4-7)

BY JENNIFER MOORE-MALLINOS AND MARTA FABREGA

A reassuring story about a girl coping with her parents' separation, emphasizing that she is still loved, it's not her fault, and things can improve with time.

TWO PLACES TO CALL HOME (AGE 4-8)

BY PHIL EARLE

This gentle picture book explores the experience of living between two homes, helping children adapt to change and feel a sense of belonging.

TWO BIRTHDAY CAKES (AGE 4-8)

BY DANIELLE JAKU-GREENFIELD

A simple story about siblings adjusting to two homes, exploring shared parenting and mixed emotions.

ALWAYS MOM, FOREVER DAD (AGE 4-8)

BY JOANNA ROWLAND

A comforting picture book that reassures children that both parents continue to love them, even when living apart. It highlights stability, love, and emotional security during times of change.

HERE AND THERE (AGE 4-8)

BY TAMARA ELLIS SMITH

A thoughtful picture book that explores a child's emotional adjustment to living between two homes. It gently supports children in understanding change while reinforcing a sense of stability and belonging.

WEEKEND DAD (AGE 4-8)

BY NASEEM HRAB

This warm and reassuring story highlights a child's relationship with a non-resident parent. It focuses on connection, routine, and the comfort of maintaining strong bonds despite family changes.

THE KIDS' BOOK OF FAMILY CHANGES: UNDERSTANDING DIVORCE (AGE 5-10)

BY CATHERINE STEPHENSON & JENNY STEPHENSON

A supportive and reassuring book that helps children understand divorce and adjust to family changes. It focuses on emotional wellbeing, offering comfort and clarity during uncertain times.

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BOOKS FOR OLDER CHILDREN

WE NEED TO TALK ABOUT DIVORCE (AGE 7–12)

BY KATE SCHARFF

Written in a clear Q&A format, this book explains divorce in a straightforward and approachable way. It encourages open communication and provides reassurance.

IT'S NOT THE END OF THE WORLD (AGE 8-13)

BY JUDY BLUME

An emotional story about Karen, who learns to accept her parents' separation. It explores her sadness, the support of friends, and finding happiness again over time.

THE CASE OF THE SCARY DIVORCE (AGE 9-12)

BY CARL PICKHARDT

A creative story about a boy and an investigator solving "cases" related to his parents' divorce. It helps children explore feelings in an engaging and approachable way.

HORSE DREAMS (AGE 9-14)

BY MARY VIVIAN JOHNSON

A touching story about a girl coping with divorce, remarriage, and school challenges. It explores her emotions with a strong message of hope, forgiveness, and self-reflection.

CANDYFLOSS (AGE 9 TO 14)

BY JACQUELINE WILSON

A heartfelt story about Floss navigating her parents' divorce and her mother's move abroad. It explores tough choices, big emotions, and finding strength through love and friendship.

THE SUITCASE KID (AGES 9-14)

JACQUELINE WILSON

A warm, realistic story about a girl moving between two homes, struggling to feel she belongs. It balances sadness and humour, ending on a hopeful note.

GOGGLE EYES (AGES 12-16)

BY ANNE FINE

A witty, engaging story about Kitty coping with her mother's new partner after divorce. It explores change, emotions, and acceptance with humour and sensitivity.