

## How To Use Mom's House, Dad's House Books

Book reviews can be seen on [momshousedadshouse.com](http://momshousedadshouse.com)

**Kids Book: Summary.** Parents, if you only buy one book, make it this one. This is not your usual “how-to” book. It is a profound read for parents, a lifesaving handbook for kids. Parents get an inside view of what kids fear, need, and ways to help them adjust. Kids get practical solutions, a sense of mastery, and reassurance. This book has 20 Chapters in three main parts. **PART I “Separation and Divorce Territory”, PART II “Stepfamily Territory”, PART III “Believe in Yourself”,** plus **Worksheets, Index, and Resource Lists.** Each part is organized in Chapters composed of brief, simply worded segments designed to reduce anxiety, encourage learning, self-esteem, resiliency, problem solving, and family teamwork. Typically, sections are 1-3 pages long and do not need to be read in sequence. Examples in the book include children with different learning styles, personalities, and circumstances. 271 Pages.

**Parent's Book: Summary.** This comprehensive classic, often called the "bible", has **5 PARTS, 20 Chapters, and 8 Appendices** covering a broad range of topics with universal appeal. These include stages of emotional wounding and healing, how to develop a business relationship for co-parenting, healing words, self-care, parenting patterns including "parallel parenting", the pros and cons of two homes for children, navigating the legal process and mediation, creating a personal Parenting Plan, long-distance parenting, re-involvement after an absence, the second wave of changes, building family strengths, and more. 381 Pages.

### HOW PARENTS CAN USE THESE BOOKS

**Kids Book:** Parents are relieved to find a book they can trust to guide them and their school-aged children through family change with a hopeful vision for the future. Parents read this book for answers to children's questions and ways to help children help themselves. When children know parents have also read the book, they can feel relieved knowing their parents have the same frame of reference. The book can be left out for tweens and teens to pick up on their own. Teens can read it in two sittings and then use it as a handbook. For children younger than nine, however, parents should pre-select sections to read together. A few sections deal with more mature content such as parents' dating or issues of personal safety. Parents can decide what is appropriate. **Tip:** Tweens and teens are hungry for information that makes sense of family change and dilemmas but some don't want to be seen reading and “don't want to talk about it.” Nonetheless, they usually make use of the information.

**Parents Book:** Parents have referred to this classic book again and again—before separation, during divorce, after divorce and remarriage. It is a time-tested steadfast friend through the many twists and turns of these family changes--reorganizing family life, negotiating and designing a legal parenting plan, defining personal boundaries with the other parent, dating, remarriage, a new baby, building family strength and networks. One grown man who called himself “A two home kid” said, “It was on our kitchen table for years”.

### TEACHERS, PARENT EDUCATORS, SCHOOL COUNSELORS, THERAPISTS

**Kids Book:** In addition to education about family change, individual sections and exercises can be used to assess beliefs, fears and build life skills, especially ways to solve problems and choosing words to say to express needs and concerns. These are easily incorporated into divorce or stepfamily groups, family life assignments, counseling, therapy, or group work. The sections can be used individually or in sequence. Exercises are designed to enhance resiliency, self-esteem, setting goals, problem-solving, and self-mastery.

**Parents Book:** This classic book has been used as a text for 29 years in classes on child and adult development, parenting, family life, family law, divorce recovery, life adjustment, and has been a favored resource for counseling and therapy clients. For sample lesson plans and further information, go to

[www.momshousedadshouse.com](http://www.momshousedadshouse.com) or [www.isolinaricci.com](http://www.isolinaricci.com).

### ATTORNEYS and MEDIATORS

**Kids Book:** Attorneys and mediators often purchase and either re-sell or gift the book to clients. Some may instruct their clients to read certain chapters about how to stay connected, living in two homes, setting up calendars, and questions some kids have about the court. When parents are more knowledgeable about children's issues, they can be better prepared to negotiate Parenting Plans and other issues concerning the children.

**Parents Book:** Attorneys and mediators routinely purchase and either re-sell or gift the book to clients. Initially, attorneys may assign clients Chapters 6, 7, 8, and 9 of the parents book as a basic foundation for beginning the healing process and for practical information on how to constructively relate to the other parent. When clients also use the guidelines in Part 3 on courts, custody, mediation, Parenting Plans and negotiations, everyone can save time and money. For useful tips and further information, go to [www.momshousedadshouse.com](http://www.momshousedadshouse.com) or [www.isolinaricci.com](http://www.isolinaricci.com).