



Family Changes:

Explaining Divorce to Children

Reviewed by Elizabeth Putfark

Divorce affects an estimated 1.5 million children a year in the United States, and yet many parents still struggle to address the topic with their kids. Clinical psychologist Azmaira H. Maker's first book makes it easier to do just that – opening a conversation about divorce to help children cope with and understand their parent's separation.

**Azmaira H. Maker, Ph.D.,
Illustrated by Polona Lovsin**

The beautifully illustrated book follows an important day in the life of energetic young bunny, Zoey, as she comes to terms with her parents' separation. Importantly, as she grapples with what's happening in her home, she continues to find joy in her school and friends, as well as each of her parents. Even as the story ends, it's clear that the conversation doesn't, as Mama Bunny reflects that there will be more "questions and feelings" to address later, some of which are listed in the interactive final section of the book.

Zoey's model not only provides a basic explanation of divorce, but also reinforces a new way of talking about major family changes that breaks from the traditional one-big-conversation model. Instead, Zoey's example and the book's structure encourage children to address their emotional responses to major life adjustments through a cycle of play, process and fantasy in which they're always supported and free to ask questions.

Family Changes is available for purchase from Amazon, Barnes & Noble, and all major booksellers as of June 1, 2015.