

Children of Divorce

Free Loan Program

(Kay County, Oklahoma residents only)

School and agency professionals may borrow materials from the OSU Extension Center for use in working with children in Kay County. Monies to fund this program have been generated through the volunteer efforts of professionals teaching the Co-Parenting Through Divorce seminars.

Projections indicate that 1 out of every 2 children born today will have divorced parents before reaching age 18. Although distress is an expected early reaction to parental divorce, the prevention of chronic problems is possible when intervention is timely.

The Children of Divorce Program is designed for children who have experienced divorce in their families. It helps children cope with the emotional and behavioral difficulties that often result from divorce by:

- Providing a supportive group environment
- Encouraging appropriate expression of feelings
- Clarifying misconceptions
- Enhancing coping skills
- Enhancing perceptions of self and family
- A group format is most effective in a school setting where children have access to other peers with similar experiences to share.

Children Report that They Experience . . .

- Less anxiety
- Less worries about their family circumstances
- Less desire to place blame on themselves or someone else for the divorce
- Better understanding of divorce-related issues and feelings
- Greater ability to solve personal problems and let go of those problems that are beyond their control

Children of Divorce Intervention Program

(CODIP)

(Elementary Age)

Designed for children in kindergarten through eighth grade who have experienced divorce in their families, this group support program helps reduce the stress of parental divorce by learning new ways to cope with feelings.

Children In The Middle

(Elementary)

Includes a children's version of the video shown in the Co-Parenting Through Divorce class for parents and an extensive teacher and counselor manual. For each of the four scenes, children discuss how they felt when something similar happened at their home, etc. The video is divided into clearly

separate units to go along with each chapter in the teacher and counselor guide. Designed to be used in a series of eight (or more) sessions with children.

Story Telling Cards "Divorce" Set

(Elementary)

Includes ten 8½"x11" situation cards and an accompanying leader's guide that gives: background, resulting issues for the child, and suggested questions

- Child caught in the middle of parents' fighting,
- Child watching a parent walk out of a marriage,
- Child in court with the judge and parents,
- Child waiting to be picked up by late dad,
- Child trying to get quality time from "too busy" dad,
- Child being questioned about dad's new girlfriend,
- Child having to leave mom at home alone for holidays,
- Child wishfully watching an "intact" family outing,
- Child having to decide who gets to go to school play,
- Child being introduced to parent's new date.

Daddy Doesn't Live With Us

(Grade K-2)

Includes a video, teachers guide, and activity sheets to use with children K-2. It helps children understand what divorce is, and to see it as a change in their world rather than the end of their world. They learn it is a problem between adults, that it is never their fault, and that there are people they can reach out to for support.

Complete Group Counseling Program for

Children of Divorce

(Grade 1-6)

Ready-to-use lesson plans and materials to use with small and large groups, grades 1-6. Parent materials in Spanish included. Topics for 12 lessons include:

Getting To Know You

Why Parents Marry & Divorce

The Grieving Process

Happy Marriage

Stepparents

Achieving Closure

Feeling Guilty

Changes

Legal Issues

Two Houses

Feeling Angry

Review

Kids and Divorce

(Grade 2-4)

Includes a video, teacher's guide, and activity sheets for use with children grades 2-4. A group of children ages 8 to 12 provide poignant insights into how their parents' divorce has

affected them. The children suggest ways parents can help their kids and kids can help themselves survive divorce. VT 461: Balancing Work & Family: Challenges & Solutions

Divorce and The Family

(Teens)

This Learning Seed video involves teens, Katie and Scott whose parents are divorcing. They become our eyes and ears to show what happens 'in a divorce and how it changes families. The tape shows the 'immediate crisis stage and the aftermath of divorce.

If Your Parents Break Up

(Teens)

Includes a video and teacher's guide. The story involves David who is unable to talk about his feelings after his parents begin divorce proceedings. His friend, Stacy, also a child of divorce, helps him realize that he needs to find a way to feel better, not worse.

In other vignettes, a group of teen children of divorce, airing some strong feelings and sharing ways to resolve some of the

tough problems posed by a family break-up, learn from one another how to control their own lives and communicate better with parents.

The Single Parent Family: A Challenge for

Parents

(Adults)

Parents will see problems common to all single parent families and suggestions that do work. Covered are emotions parents feel, the money shortage, parent exhaustion, support systems, social life, dating, and remarriage. The parent learns how a single parent family impacts her child and what steps to take to be a successful single parent.

Blended Families: Yours, Mine

and Ours

(Adults)

Addresses parent and child concerns about a newly-acquired family lifestyle. The video presents typical problems faced by the blended family. Practical techniques are offered.

Children of Divorce Reservation Form

Return to: Mary Rhyne, P. O. Box 430, Newkirk, OK 74647

Curriculum Title	Dates Desired (First Choice)	Date (Second Choice)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Name: _____ School/Agency: _____

Mailing and Physical Address: _____

Grade: _____ Phone: _____ Email or Fax Number: _____

This free loan program is available with the understanding that:

- Teachers and/or students will complete the appropriate evaluation forms and return them to the OSU Extension Center within one week following use of the item(s).
- Counselor/Teacher will return the item(s) to the OSU Extension Center when their loan period is over. (Late returns prevent delivery to another school.)
- The borrower assumes responsibility for repair/replacement necessary due to loss or damage.

Your signature indicates that you agreed to these three points and is required for the free-loan program.

Signature

We hope you will contact the OSU Extension Center for additional materials available through our Family & Consumer Sciences program on clothing, family life, health, and nutrition, family economics, housing and home businesses.

Mary Rhyne

Phone: 580/362-2200 580/362-2268 (fax)
Email: rhyne@okstate.edu

Kay County Extension Educator, FCS/4-H

OCES offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age, disability or status as a veteran and is an Equal Opportunity Employer. OSU, USDA, State and Local Governments cooperating. Work in Agriculture, Family & Consumer Sciences, 4-H, Rural Development

