

How to Parent With Your Ex

Working Together for Your Child's Best Interest

Brette McWhorter Sember

Parenting through a divorce is difficult enough, but learning to parent with your ex *after* the divorce can be even more challenging and frustrating. **How to Parent With Your Ex** (July 2005; Sourcebooks, Paperback; \$12.95), by Brette McWhorter Sember, a retired matrimonial and family attorney and mediator, gives parents the helping hand they need to cooperate as co-parents in the period immediately after a divorce and in the years to come, something no other book on the market addresses at all.

This unique flip books includes one side for the residential parent and one side for the nonresidential parent and addresses important topics such as:

- How to communicate with the other parent using communication guidelines, written schedules, and formal meetings or planning phone calls.
- Important information on how to manage holidays and visitation, as well how to handle (and enjoy!) holidays when your child is not with you.
- Ways to encourage and assist with visitation so that your child has the benefit of two involved parents.
- Coping with parents who won't visit or parents who won't cooperate with visitation
- Tips for making parenting schedules work and how to reduce conflict over them.
- Rules to help you maximize your child's time with both parents, increase your flexibility as parents, and improve your parenting relationship with your ex.

This complete guide can be shared by both parents and stresses the importance of making your parenting relationship work, even though you are no longer partners. Based on years of experience representing children in custody cases, **How to Parent With Your Ex** is a book that helps divorced parents focus on their children's needs and gives them the tools they need to make the best of what can sometimes be a difficult situation.

About the author:

Brette McWhorter Sember is a retired divorce and family attorney and mediator and author of numerous other parenting books. Sember's work has appeared in publications such as *ePregnancy*, *Pregnancy*, *Child*, *American Baby*, and many more. She is the mother of two children and lives near Buffalo, New York. Her web site is www.BretteSember.com.

How to Parent With Your Ex

Working Together for Your Child's Best Interest

By: Brette McWhorter Sember

Pub Date: July 2005/ISBN: 1572484799 \$12.95, Sourcebooks