# VIRTUAL kit: Supporting Children and Families Experiencing Divorce

**Kit QT**

In the United States, 1 in 5 marriages end in less than 5 years, resulting in many young children experiencing the divorce or separation of their parents. Often child care providers offer a constant and consistent presence in the child and family’s life during this major transition. This puts care providers in a position to positively support the child and family during this traumatic time. The following resources can help you guide your thinking as you support families and children.

**SHOW ME NOW – I NEED IT TOMORROW**

[Divorce With an Under-3 In the House: What You Need to Know](https://www.zerotothree.org/resources/2406-divorce-with-an-under-3-in-the-house-what-you-need-to-know)

[Talking to Very Young Children About Divorce](https://www.zerotothree.org/resources/1224-talking-to-very-young-children-about-divorce)

[How to Support Children After Their Parents Separate or Divorce](https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/How-to-Support-Children-after-Parents-Separate-or-Divorce.aspx)

[One Kid, Two Families: 8 Ways Schools Can Support Families Going Through a Divorce](https://www.weareteachers.com/support-divorced-families/)

[19 Children’s Books About Divorce](https://talkingparents.com/blog/september-2018/19-children-s-books-about-divorce)

**WHAT DOES THIS LOOK LIKE IN PRACTICE? (I HAVE A LITTLE MORE TIME TO READ ABOUT THIS)**

[Helping Children Adjust to Divorce: A Guide for Teachers](https://extension2.missouri.edu/gh6611)

[Here For You Always: Supporting Your Grandchildren Through a Parental Separation or Divorce](https://www.zerotothree.org/resources/1205-here-for-you-always-supporting-your-grandchild-through-a-parental-separation-or-divorce)

**WHAT DOES THE ECRC HAVE ON THIS TOPIC**

Below are selected resources from the Early Childhood Resource Center. For additional resources go to the KITS website and access the Early Childhood Resource Center catalog by clicking on [ECRC](https://opac.libraryworld.com/opac/home.php), or call (620) 421-6550 ext. 1638 for personal assistance.

Miller, K. (1996). *The crisis manual for early childhood teachers: How to handle the really difficult problems*. Gryphon House.

**HOW CAN I FIND TRAINING/TRAINING MATERIALS ON THIS TOPIC?**

[Helping Children Through Divorce and Separation Online Course—Institute of Child Psychology](https://instituteofchildpsychology.com/product/helping-children-through-divorce-and-separation/)

* **KCCTO-KITS ITSN Community Based Training (located on the** [**KITS website**](http://kskits.org/)**)**
* Visit these links for collaborative training calendars:
	+ [KCCTO](https://kccto.org/) Training Calendar
	+ KITS Training Calendar (located on the [KITS website](http://kskits.org/))

To inquire about a specific courses, contact the KCCTO office 785-532-7197 or visit KCCTO.org

**IF YOU THOUGHT THIS WAS HELPFUL YOU MIGHT ALSO LIKE THESE VIRTUAL KITS:**

Building Resiliency in Children and Families

Support Social Competence Through Strategies for Birth-5

Understanding and Embracing Your Stress Through Self Care

**WHAT IF I STILL NEED HELP?**

You may request technical assistance from the KCCTO-KITS Infant Toddler Network Specialists by calling the KCCTO office. Please be sure to get the current office phone number by check the [KCCTO website](https://kccto.org/).

**EVALUATION**

Please take a minute to complete a brief survey on the Virtual Kits page to let us know what you think about this virtual kit, and what other topics you would like to see addressed in the future.