

CHRISTINA MARIE CALDERWOOD

PROTECTING CHILDREN THROUGH DIVORCE: BUILDING HEALTHY PATHWAYS

A compassionate, reflective book for parents navigating divorce who want to protect their children's emotional wellbeing and move forward with intention and care.

BOOK DETAILS

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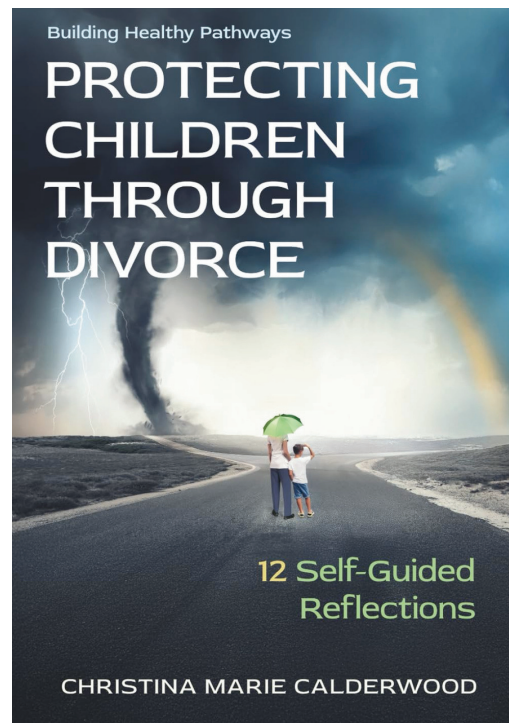
Print length: 246 pages

ABOUT THE BOOK

In **Protecting Children Through Divorce: Building Healthy Pathways**, Christina Marie Calderwood shares her deeply personal journey of navigating separation with compassion, intention, and integrity. Through 12 self-guided reflections, she offers parents a roadmap to put their children's well-being at the center while honoring their own healing. Drawing on lived experience, Christina blends heartfelt storytelling with practical tools, including self-care reminders, journaling prompts, and reflective questions that meet you wherever you are, whether you are breaking the news, co-parenting in high-conflict situations, or adjusting to a blended family.

WHO THIS BOOK IS FOR

- ✓ Parents navigating separation or divorce
- ✓ Co-parents seeking healthier communication
- ✓ Caregivers supporting children through family change
- ✓ Professionals looking for a thoughtful resource to recommend



ABOUT THE AUTHOR

Christina Marie Calderwood is an author, holistic wellness coach, LADC-I, and dedicated mother. Drawing from both professional training and lived experience, her work centers on emotional wellbeing and child-centered family care.

Her personal journey through divorce inspired her to share her story to help parents feel supported, less alone, and more grounded as they navigate family transition.



STAFF TALKING POINTS

- ✓ Written from lived experience
- ✓ Grounded in emotional wellbeing
- ✓ Reflective, not legal
- ✓ Focused on children's needs
- ✓ Especially helpful early in the divorce process

SUGGESTED INTERVIEW QUESTIONS

- ✓ What made you decide to write Building Healthy Pathways?
- ✓ What does protecting children through divorce actually look like in daily life?
- ✓ What is one mindset shift that changes co-parenting outcomes?
- ✓ How did your blended family build connection over time?
- ✓ What do you hope parents take away from your story?

BOOK SIGNINGS & APPEARANCES

Christina is available for:

- Book signings
- Brief author introductions followed by signing
- Short readings or reflections followed by signing

Event details will be confirmed by the host location.

MEDIA & CONTACT

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