

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

ISBN # 9781969679094

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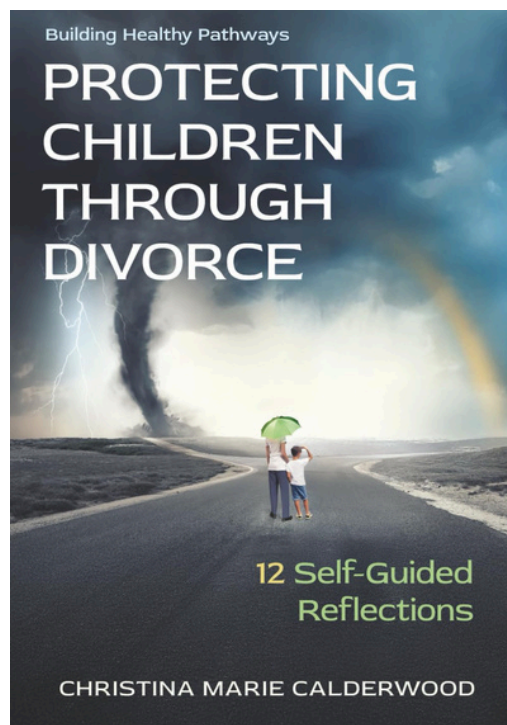
Print length: 246 pages

### 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

High-resolution assets available upon request

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