

# Bio and Contact sheet for Christina McGhee

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## Contact info:

Christina McGhee (Kris-tee-nah MAGEE)  
DIVORCE PARENTING EXPERT, COACH, TRAINER, AUTHOR  
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832-865-5437 (text or call)

## Websites:

[www.divorceandchildren.com](http://www.divorceandchildren.com)  
[www.coparentingspecialist.com](http://www.coparentingspecialist.com)

## Book:

*Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids.*  
Link to book: <https://amzn.to/2MK4Mya>

## Where you can find me on social:

IG: [@divorceandchildren](https://www.instagram.com/divorceandchildren)  
Facebook: [@divorceandchildren](https://www.facebook.com/divorceandchildren)  
Linkedin: [@christinamcgee](https://www.linkedin.com/company/divorceandchildren)

## Short Bio (150 words)

Christina McGhee is a divorce-parenting expert who believes divorce doesn't make you a bad parent. It makes you a parent going through a bad time. While splitting up is undeniably hard, with the right information and support, she thinks parents can be a child's absolute best resource when families change.

For 20+ years, Christina has been passionate about helping parents and professionals keep the focus where it belongs – **on kids**. She is the author of the highly acclaimed book [\*Parenting Apart: How Separated and Divorced Parents Can Raise Happy and Secure Kids\*](#) and is the creator and lead trainer for the [Co-Parenting Specialist™ Certification Training Program](#). She also serves as the Education and Training Director for the [SPLIT Outreach Project](#), a non-profit that created the documentary films **Split: The EARLY Years** and **Split UP: the Teen Years** - two films about divorce for kids, teens, and their parents. You can learn more about Christina at [divorceandchildren.com](http://divorceandchildren.com) or [coparentingspecialist.com](http://coparentingspecialist.com)

## Medium Length Bio (approx. 260 words)

Christina McGhee, MSW, is an internationally recognized divorce parenting expert, speaker, and author of the critically acclaimed book [\*PARENTING APART: How Separated and Divorced Parents Can Raise Happy and Secure Kids\*](#) and the founder of [divorceandchildren.com](http://divorceandchildren.com).

Christina adamantly believes divorce doesn't have to equal devastation for families. While it is undeniably hard, with the right kind of information and support, she feels parents have the ability to be a child's absolute best resource when families change.

Currently, she maintains a select coaching practice and runs a [Co-Parenting Specialist™ Training Program](#) that teaches divorce professionals how to keep kids in the center, not the middle, when parents part. She is also the Education and Training Director for the **SPLIT Outreach Project**, a non-profit that created the documentary films [SPLIT: The EARLY Years](#) and [SPLIT UP: the Teen Years](#) - two films about divorce for kids, teens, and their parents.

Whether training, coaching, or creating programs, Christina is passionate about disrupting the status quo, changing divorce for the better, and keeping the focus where it belongs... on kids.

She has been featured on television, radio, podcasts, and in print around the US and abroad. A few places you may have seen her are TODAY Parents, the BBC, The Times, and Parents Magazine.

Christina and her husband live outside Houston, Texas, and are the proud parents of four "adultish" children (two bonus, two bio.) When she's not busy restoring order to the universe, Christina spends her time taking in sunsets, searching for the perfect cup of coffee, and ordering more books than she can possibly read.

Check her out at [divorceandchildren.com](http://divorceandchildren.com) or [coparentingspecialist.com](http://coparentingspecialist.com)

## Full Bio

Christina McGhee, MSW, is an internationally recognized divorce parenting expert, speaker, and author.

While splitting up is undeniably hard, Christina believes divorce doesn't have to equal devastation for families. She feels with the right kind of information and support - parents can be a child's absolute best resource when families change.

Throughout her career, she has educated parents and professionals on how to minimize the impact of divorce on children. In her book, [\*PARENTING APART: How Separated and Divorced Parents Can Raise Happy and Secure Kids\*](#), Christina offers parents practical strategies for dealing with the "real-life" everyday challenges of co-parenting.

One of her core beliefs is that divorce doesn't make you a bad parent. It makes you a parent going through a bad time. Because she is passionate about helping parents get through that bad time, Christina maintains an active [coaching practice](#) that allows her to work with Moms and Dads all over the world.

She is also the creator and lead trainer for the multidisciplinary [Co-Parenting Specialist™ Certification Training Program](#) that teaches divorce professionals how to positively leverage their influence and guide parents using a child-centered approach.

Because Christina believes in the value of quality resources for changing families, she has contributed to several media projects as a featured expert, a content consultant, and a writer/producer. Currently, Christina serves as the Education and Training Director for the [SPLIT Outreach Project](#) a non-profit organization that produced [SPLIT: The EARLY Years](#) and [SPLIT UP: The TEEN Years](#). These two compelling films let kids know they're not alone and normalize the many feelings and experiences children and teens encounter when parents part.

Over the years, she has been featured on television, radio, podcasts, and in print around the US and abroad. A few places you may have seen her are TODAY Parents, NBC News Daily, the BBC, The Times, and Parents Magazine.

As a child of divorce and a bonus mom (aka stepmom), Christina has had plenty of opportunities to practice what she preaches. Together she and her husband have four "adultish" children (2 bonus, 2 bio) and live outside of Houston, Texas. During her tenure as a hands-on parent, she spent lots of time honing her skills as a chauffeur, negotiator, short-order cook, scheduler extraordinaire, and finder of all things lost.

You can find Christina at [divorceandchildren.com](http://divorceandchildren.com) or [coparentingspecialist.com](http://coparentingspecialist.com)

## Social links

IG: [@divorceandchildren](#)

Facebook: [@divorceandchildren](#)

LinkedIn: [@christinamcghee](#)