

Bio and Contact sheet for Christina McGhee

Contact info:

Christina McGhee

DIVORCE PARENTING EXPERT, COACH, TRAINER, AUTHOR

christinamcgee@divorceandchildren.com | www.divorceandchildren.com

832-865-5437 (text or call)

Book:

Parenting Apart: How separated and divorced children 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, more or less)

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 children's absolute best resource when families change.

As a coach with 20+ years of experience, Christina is passionate about providing parents and professionals with information that helps keep the focus where it belongs – **on kids**. She is also the author of the highly acclaimed book, [Parenting Apart: How separated and divorced parents can raise happy and secure kids](#) and the creator of a [Co-Parenting Specialist Certification Training Program](#) for divorce professionals.

As a child of divorce and a bonus mom (aka stepmom), Christina has had lots 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, with three rescue dogs, several cats, and a ridiculous number of chickens.

You can find her at divorceandchildren.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.

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 also continues to serve as a subject matter expert and consulting producer for the documentary films [Split: a film for kids and their parents about divorce](#) and [Split UP: the Teen Years](#).

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.

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 also maintains an active [coaching practice](#) that allows her to work with Moms and Dads all over the world.

Christina is also the creator of an online program, [Coparenting with Purpose](#). Designed to provide moms and dads with an easy, convenient way to access critical information, it's filled with practical tools and solutions for managing the most common coparenting problems.

Additionally, she has contributed to several other media projects as a featured expert, a content consultant, and a writer/producer. Currently, she serves as a subject matter expert and consulting producer for the documentaries [SPLIT: A film about divorce for kids and their parents](#) 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, 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.

Social links

IG: [@divorceandchildren](#)

Facebook: [@divorceandchildren](#)

Linkedin: [@christinamcghee](#)