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# Lemons 2 Lemonade Receives Parents' Choice Award

HOUSTON, TX...The Parents' Choice Foundation announces *Lemons 2 Lemonade* winner of a Parents' Choice Approved Award for 2005. *Lemons 2 Lemonade: How to Handle Life When Things Go Sour between Mom and Dad* is a DVD production for children dealing with divorce and is the collaborative effort of Houston professionals Christina McGhee, MSW and Dr. Stephen Loughhead.

McGhee, a divorce coach and parent educator, and Loughhead, a psychologist, saw a tremendous need to communicate with children struggling with the everyday issues and changes their families were going through. "The recognition is nice to receive, but our true goal is to bring help and direction to families and children during the turmoil of divorce," said Loughhead. "This program empowers kids to develop healthy coping skills and have the confidence to know they can handle it."

The Parents' Choice Foundation is the nation's oldest non-profit evaluator of children's books, toys, videos, computer software, magazines and television programs. The Foundation's mission is to provide parents with information to participate wisely in their children's learning. Fewer than 15% of those items submitted to the Parents' Choice Awards program receive a commendation in any of the six award levels. To be honored with a commendation from the Parents' Choice Awards is a prestigious achievement for McGhee and Loughhead.

This is the third award of the year for the *Lemons 2 Lemonade* team. They also received the 2005 iParenting Media Outstanding Products Award in August and were selected in May as a 2005 Telly Bronze Award Winner. This is McGhee and Loughhead's first collaborative production receiving three prominent awards in the same year, spotlights the technical and creative excellence of the video production.

The Telly Awards recognize and feature outstanding television, video and film productions submitted annually from all 50 states and many foreign countries. The iParenting Media Awards program evaluates children's products and media to select, recognize and award the best submissions nationwide.

*Lemons 2 Lemonade* is a 45-minute video program in a DVD format designed to help children cope during the difficult process of divorce. Family counselors cite a national trend with judges, lawyers and family courts beginning to give greater attention to the psychological and emotional health of children as their parents go through divorce. McGhee and Loughhead also regularly teach parenting class mandated by The Harris County Family Courts to divorcing parents. Courts are directing parents to attend classes, led by therapists and divorce professionals like Loughhead and McGhee, to gain new insights and communication skills for the sake of their children.

Statistically, children of divorce are at greater risk for behavior problems, anxiety and depression. *Lemons 2 Lemonade* speaks to children 6-12 years of age because it is easy to understand and fun to watch. McGhee says, "It is designed to help children learn how to handle their feelings and deal with the difficult changes that often occur when parents live apart. It also teaches them how to make good choices during a challenging time. We want children to know they are not alone."

The video helps children to realize their family will be different after the divorce. However, *Lemons 2 Lemonade* gives kids permission to make their feelings heard, lets children know the divorce is not their fault, tells boys and girls they don't have to choose sides - and generally provides a platform for mom, dad and kids to talk about what kind of family they will be on the other side of divorce. *Lemons 2 Lemonade* is an award-winning resource available to lawyers, counselors and educators as they provide guidance and support to families going through divorce.

"The sooner children receive good information the less likely they are to fall victim to the negative aspects of divorce," declares McGhee. "What we hope to accomplish is to give parents a way to provide their children with the information they most need at a time when they need it most."

To see a preview clip or to get more information go to [www.divorceandchildren.com](http://www.divorceandchildren.com) or [www.kidsdivorcevideo.com](http://www.kidsdivorcevideo.com)

**LEMONS 2 LEMONADE - Stay at Home and Learn Productions, LLC,  
How to Handle Life When Things Go Sour Between Mom and Dad.  
A program to help children of divorce.  
\$24.95 plus shipping & tax.**

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