

Book Review of

Det næstbedste – når far og mor ikke bor sammen. (The next best thing – when dad and mom don't live together.)

Det næstbedste – når far og mor ikke bor sammen. (The next best thing – when dad and mom don't live together.)

By Camilla Semlov – Publishing house INDBLIK ISBN 978-87-93068-22-3

Camilla, an experienced social worker and family counselor has written this book in the light of all the things she should have liked to have known when she was divorced in 2004.

Camilla's starting point is very actual and the governing idea is the child in the center as well as the fact that the next best thing, when mom and dad cannot have the happy nuclear family, can be really good – AND, at any rate, much better than being in a nuclear family where the adults really do not want to be.

The book describes really well the field between mother, father and step-family members, where it is difficult to ask people (read here: step-relations) to take responsibility and then at a later point in time not wish to share that responsibility in a certain situation. It is one of the difficult situations to resolve in our new family forms. This area is described by Camilla with an insight that shows she has pocketed many an insult for the sake of solidarity and she has done it in order to give her child a fine and coherent life within the new family constellations that have arisen after the parents' break-up.

"Det næstbedste – når far og mor ikke bor sammen" (The next best thing – when dad and mom don't live together) is full of personal experiences and lots of good advice. This book should be obligatory for all parents who no longer live together.

A few of the many good pieces of advice in the book:

- Time with your child is not your time, it is the CHILD's time.
- Be open to an idea even though at the beginning you are opposed to it. It encourages good cooperation.
- Our well-being as parents rubs off on our children's well-being.
- It is difficult to listen if one is sure that one is right.