

First Aid For the children of Divorce.

(Things a parent should do as soon as possible.)

Divorce is a lot like holding your thumb after you hit it with a hammer. You didn't mean for it to happen. You were trying to build something beautiful and now you are afraid to look at the damage. Following are our four favorite FIRST AID treatments.

- ❖ **ASK FORGIVENESS** for all the ways the child's life has changed and for any grouchiness on your part. **Asking forgiveness is not taking the blame for the past it is clearing the way for the future.** If NO ONE says "forgive me" children have three choices: blame one or both parents, blame themselves or blame God. None of these is a good or healthy choice. Children are quick to forgive but only if someone asks. Why not be the one to start.
- ❖ **TEACH your children "The Lord's Prayer"**. Having a Father in Heaven and getting to know him can be the one thing a child of divorce counts on, the one thing he can hold on to when everything else is changing. Then **MAKE** a list of prayer partners for your child. Getting other people involved will help prayer become a habit...the one habit the child of divorce cannot do without. It will also be the greatest gift a human parent can give a child...a support group. For **free** Lord's Prayer Coloring pages visit www.teachustoprayer.ws.
- ❖ **FIND** some Christian children's books especially those about Moses, Joseph, Daniel and Samuel. All four had family problems. Moses was in a custody battle for 40 years. Joseph had to deal with four angry mothers, 10 angry stepbrothers, two angry grandfathers, an angry grandmother and an angry Uncle. Samuel was lonely, very lonely but God spoke to him personally. Daniel had to be brave and stand up to other people without being ashamed or afraid. **BUT GOD WAS WITH THEM.** They were at the top of his list not the bottom. The children of divorce should *feel* like this, like they are at the top of God's list, not the bottom.
- ❖ **VISIT** www.childrenafterdivorce.com. Whether you are a mom, a dad or a grandparent there are many great helps for **REBONDING** with a child who has gone through divorce. We especially like our little story: "Milk and No Cookies". Reading the story with 3-10 year olds can help them solve the problem of loving two parents who live in different houses...a bare beginning to all the other problems they will face. We believe it will help insure that your children are not among the one third who spend their entire adult lives in and out of treatment facilities or prison. There are also helps for older children, single moms, absent fathers, grandparents and step parents...anyone who has the desire to help a child whose suffering is so great that it will actually shorten his or her life. .