

This little story “Milk and No Cookies” was designed for children 3-10...old enough to feel the emotional loss of divorce but too young to put their deepest thoughts and feelings into words (The age of silent suffering) We pray that in addition to comfort this story helps young children trust God for help in solving the many small problems presented by parents who live in different houses, problems like milk and no cookies.

The best beginning to the story is probably a real plate of cookies and a real glass of milk. May God's grace sustain you as you read and color together. *We believe very much in the story and hope it is a blessing to as many children and parents as possible.*

ANGELO WANTED COOKIES AND THERE WERE NONE IN THE CUPBOARD. HE HAD FOUND THE LITTLE CARTON OF MILK AND NOW HE WANTED COOKIES.



There is nothing busier than a Divorced mom. The **ACTIVITIES** on our website www.childrenafterdivorce.com can help even the busiest Mom find time to spend with their children without falling behind on their chores.

We especially like **“Rebonding in the Kitchen”**,
and
“Whistle while you work”.

ANGELO PEEKED IN THE KITCHEN TO LOOK AT HIS MOTHER. SHE LOOKED BUSY BUT ANGELO DECIDED TO TALK TO HER ANYWAY.

"MOTHER", HE SAID,
"I CAN'T FIND ANY COOKIES."



The greatest loss for the child of divorce is his parents TIME.

No one can make you less busy but a list of fun five minute things to do is a good thing to have on hand.

A few ideas are:

Look at the stars at night.

Catch some bugs (fireflies and grasshoppers are our favorite).

Go for a walk

(Visit www.bibleparent.com and click on creation for parents for a VARIETY of walks and other outdoor activities. (Bird putty is great).

Make paper airplanes.

Put down a hat and throw cards at it.

Buy some sidewalk chalk.

Try the coloring pages at www.bibleparent.com

Check out a book of short activities from your library.

HIS MOTHER TURNED FROM HER WORK AND SAID: "SWEETIE, WE DON'T HAVE ANY COOKIES, BE A DEAR AND DRINK YOUR MILK."



A child's anger is not easy to deal with.

It is most difficult for the child.

Visit

<https://bibleparent.com/divorce.html> for some practical helps.

See the next slide for the real problem.

BUT ANGELO DIDN'T. HE LEFT THE MILK ON THE TABLE AND WENT INTO THE BACK YARD AND KICKED THE ELM TREE. (Parents Note: Underneath anger is almost always hurt loss or both...see what Angelo does next.)



Near the end of his life Dr. Karl Menninger shared with me the most important thing he had learned about anger....that it is a **SECONDARY** emotion.

The real problem is what lies underneath. The primary problem, usually hurt, loss, fear or frustration.

Attempting to deal with the anger without dealing with the underlying problem **NEVER** works.

Anger doesn't make problems go away. It makes people go away. When your child is angry go toward him not away.

Then Angelo Cried.



Parents note: If we step on a stick and the other end hits our child we should say "forgive me". The same is true in divorce, even if the hurt was unintended, even if we are not at fault. Asking forgiveness is not taking the blame for the past, it is clearing the way for the future.

**AND WHEN HE WAS DONE CRYING HE PRAYED:
"JESUS COULD YOU PLEASE HELP ME FIND SOME
COOKIES TO GO WITH MY MILK."**

**IF there is a good side to
divorce it is discovering our
NEED of a father in heaven.**

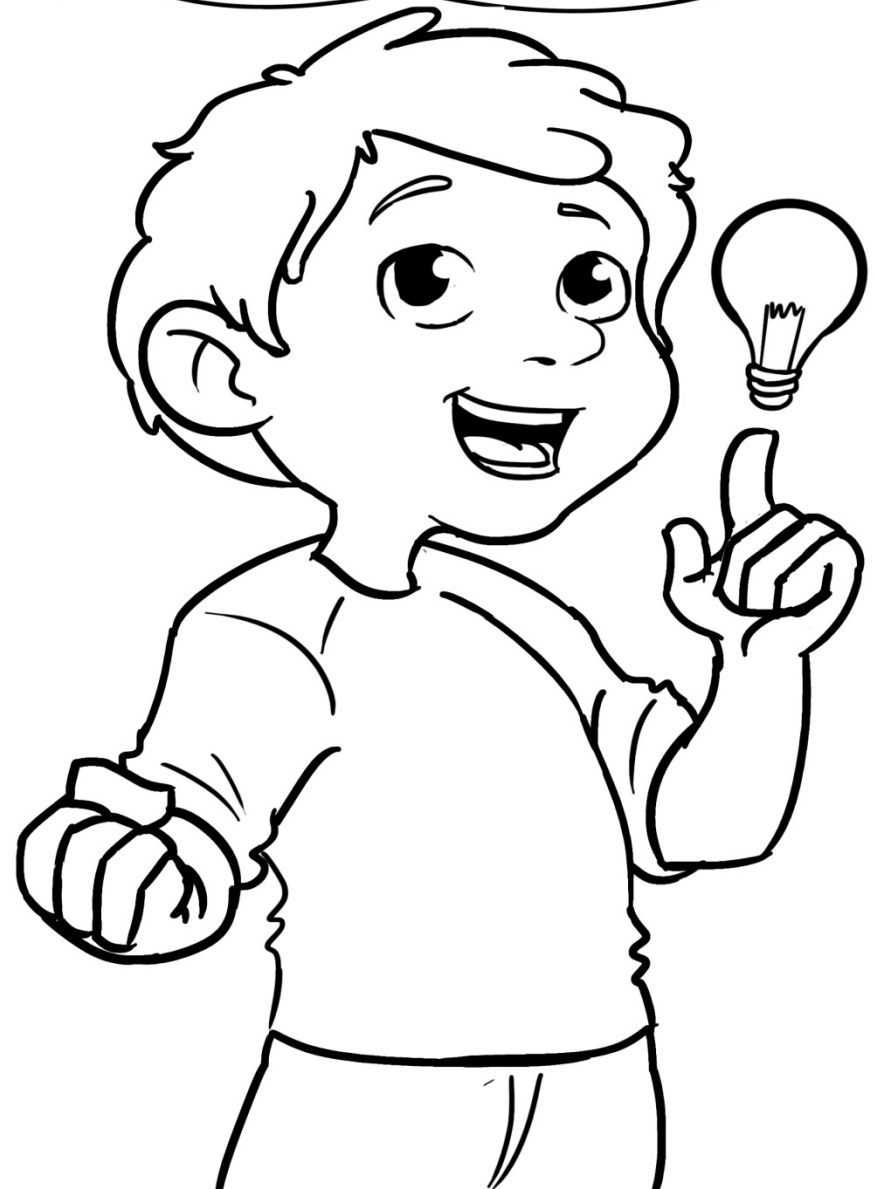
**How we pray as many
parents as possible visit
www.teachustoprayer.com**



The most important thing to learn about prayer is to **EXPECT** and wait for the answer. God **ALWAYS** answers.

We hope your family or church tries the “Prayer Jar”
At www.teachustoprayer.com

HE HAD JUST FINISHED PRAYING WHEN HE HAD AN IDEA.
(Whisper this line) **ANGELO WASN'T SURE THE IDEA WAS FROM JESUS BUT IT MADE HIM FEEL SO GOOD IT PROBABLY WAS.**



HE RAN BACK INSIDE AND SHOUTED: “MOM, I BET DAD HAS SOME COOKIES. COULD I GO TO HIS HOUSE? I COULD TAKE MY CARTON OF MILK TO GO WITH HIS COOKIES.”



Allowing the children of divorce to be children is important.

Sheltering them from issues with your ex is a precious gift.

This story was born when a suffering three year old said to me: “Mr. White did you know there are two of me...one for mom and one for dad.”

Most three year olds would not have been able to explain their feelings so well. We pray this story helps other children, even older children put words to their feelings and find God’s healing...the grace to love even when your parents live in different houses.

**ANGELO'S MOTHER HAD A TEAR IN HER EYE
AS SHE SAID: "IF YOU WANT TO SEE YOUR DAD...
WE'LL CALL HIM."**



**The divorced dad might as well try
to build a car out of a pile of dead
flies as...try to
do it himself.**

**The one thing divorced dads need is
HELP.**

Join a men's group.

Join a church.

Find out if God is real.

**Read or listen to books about
getting along with your ex and your
children.**

Learn as much as you can.

A few experts we recommend are:

Archibald Hart

Ron L. Deal

**HIS DAD SAID: "YES".
HE COULD COME...
BUT HE DIDN'T HAVE ANY MILK.**



Divorce causes a lot of loss for everyone involved. Loss of dreams, loss of money, loss of friends, loss of faith etc. One of the losses is usually our goals for our children. It is one of the most important and one of the easiest to reclaim.

[Click here for a list of God's goals for his children](#)

**ANGELO SAID:
"I'LL BRING MINE"**



Explaining divorce to a child can be as simple as: “Your Dad (Mom) and I are living in different houses because we thought it was better for us and better for you. That may not be God’s best plan and it is very very hard right now...for all of us ...but God still loves us and we should do our best to love each other.”

AND SO, ANGELO'S MOTHER DROVE HIM TO HIS DAD'S NEW HOUSE. ANGELO THOUGHT: “If divorce means you have to live in different houses I don't like it.” But he knew he couldn't undivorce people so he kissed his mom, grabbed his milk and got out of the car.



**HIS DAD OPENED THE DOOR,
HUGGED HIM AND SAID:
“HELLO SPORT.”**

Routines are just as important for Dad's as for mom. Cooking with a child can be fun, more fun maybe because neither one of you may know quite what you are doing.

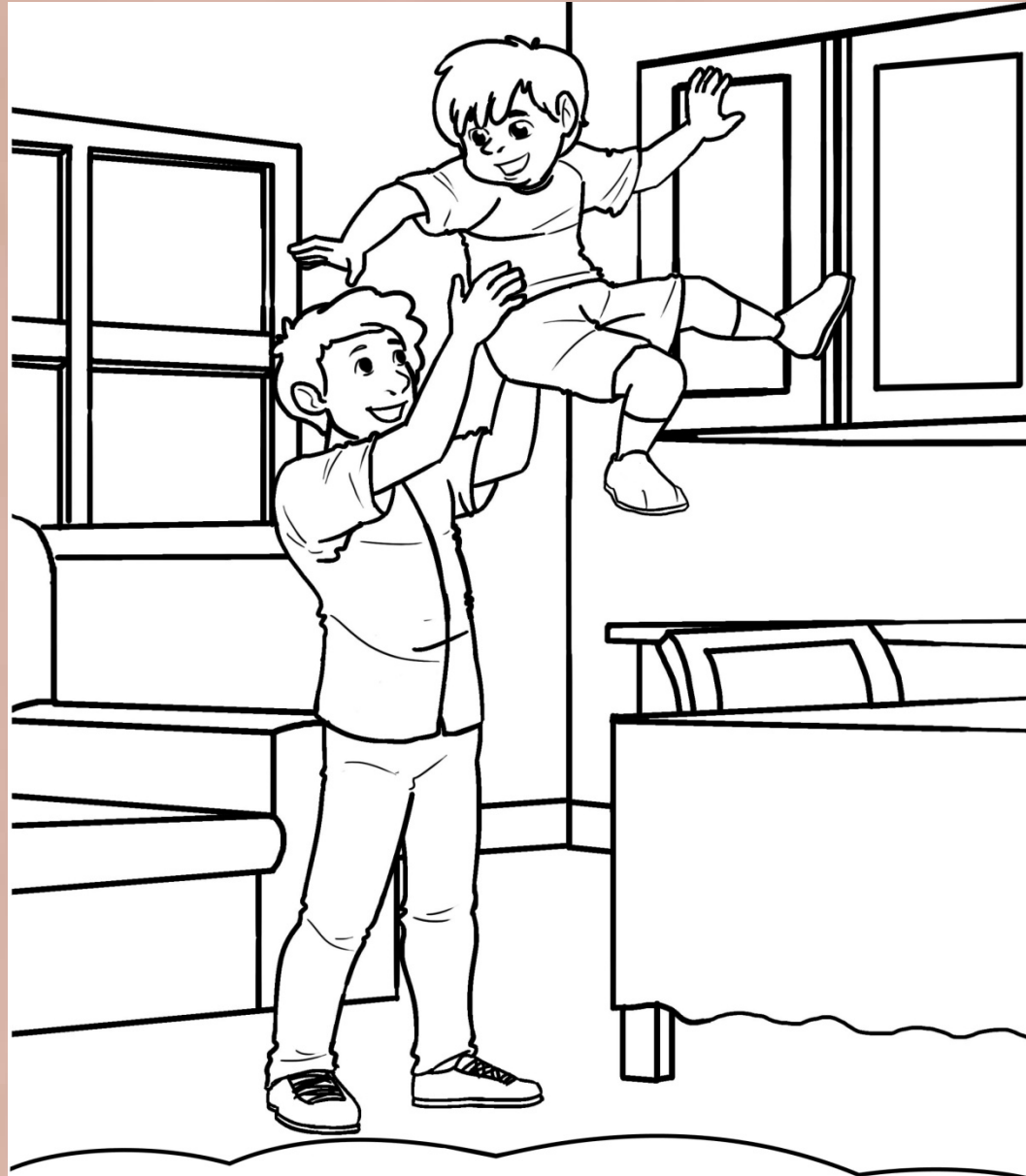
If you know a dad forward him a copy of <https://bibleparent.com/divorce.html>



**Good times are important.
We pray every parent
make an effort to share
them with your children.**

**Sharing Bible verses...one
a day...is also important.**

**Visit www.bibleparent.com
for pocket scriptures that
Comfort... Encourage...
Guide...Protect... Heal ...
and much more.**



**ANGELO FORGOT ABOUT THE COOKIES UNTIL
HIS DAD SWUNG HIM THRU THE AIR AND
SAT HIM AT THE TABLE.**

A child's idea of a divorce is very different from an adults. When a child asks a question like this it might be a good idea to ask him what he means.

He may be asking if you will be sharing a house again or he may be asking if he can see his dad more often.

Too much information may not be the best idea.

**HIS DAD OPENED THE CARTON OF MILK AND LET ANGELO POUR. BEFORE HE KNEW WHAT WORDS WERE ON HIS MIND ANGELO SAID:
"WHEN WILL THE DIVORCE BE OVER?"**



Children can be very sensitive to our feelings...to sadness... anger...fear etc.

One great source of comfort might be bible verses from www.bibleparent.com

ANGELO'S FATHER SUDDENLY SEEMED VERY SAD. SEEING HIS FATHER SAD MADE ANGELO WANT TO HUG HIM AND TAKE BACK HIS QUESTION.



The obvious fix for divorce is reconciliation. It is the first choice for most churches and many parents. We heartily recommend it...difficult as the path may be.

Statistically however it does not often happen. IF you have not yet tried reconciliation ask yourself why not? If you have tried reconciliation and have given up trying, a good second choice for a child or adult might be: “We have tried to fix the divorce and we could not. THE BEST THING WE CAN DO NOW IS TO LOVE EACH OTHER AS BEST WE CAN.

A particularly heartbreaking statistic is that even though 80% of women and 50% of men are happier five years after a divorce only 5% of children report being happier.

BUT HIS DAD KNELT DOWN, LOOKED IN ANGELO'S EYES, AND SAID: "IT'S NOT YOUR JOB TO FIX THE DIVORCE. YOU DID NOT MAKE IT AND YOU CAN'T FIX IT."



**Divorce shakes a child's world.
Most are not quite sure what
they can trust.**

**God's personal presence and his
Word are a great source of
stability for any child but
especially for the child of divorce.**

**A study nearly thirty years ago
by the University of Wisconsin
and the National 4-H council
indicates that the number one
protective factor for at risk
children in an intimate
relationship with at least one
adult. The number two and
three resiliency factors were a
personal faith in God and
regular church attendance.
Christ could be the one thing
your child needs most.**

**ANGELO STILL DIDN'T FEEL VERY GOOD BUT
HE SAW A PICTURE OF JESUS
ON THE REFRIGERATOR
AND REMEMBERED HIS PRAYER.**



Parents note: In the Bible Moses, Joseph, Samuel, and Daniel all had family trouble, and yet God raised all four to be leaders of their people. Having family trouble does not mean you and your children are at the bottom of God's list, it puts you at the top. For your children's sake put Him at the top of your list. Give Church a try...for their sake.

This question is the one most parents and many pastors would prefer to avoid. It is also the one most children have in their hearts. If they don't get some kind of answer they will be stuck with the question for weeks, months or even years. The answer on the next page is our best effort for children 3-6 and will probably be adequate for most of them. Older children may require a little more.

It would probably be a good idea to at least peek at the next page before coloring this one. Many children would probably just as soon not color this page at all but the question needs to be asked.

**HE SAID TO HIS FATHER.
"JESUS HELPED ME GET COOKIES AND MILK.
COULD HE HELP YOU GET UNDIVORCED?"**



The most difficult lesson for the child of divorce is that we can't fix other people, especially not our parents. If we could there would be no reason to love them.

Most children over age seven will want to fix the divorce. These children are stuck with a very adult problem...to keep on trying to fix something they can't and become angry...OR...to forgive.

Forgiving a parent is not something that will occur to them naturally. They must be asked.

Even the perfect parent, the one who did NOTHING to cause the divorce is stuck with asking forgiveness for the problems and hurts the divorce is causing the child.

Asking forgiveness is NOT taking the blame for the past. It is clearing the way for the future. A good way to explain forgiveness to a child is that we give up feeling like the person owes us something. We cancel whatever debt we think they owe.

ANGELO'S FATHER SEEMED EVEN MORE SAD. "HE CAN IF PEOPLE WILL LET HIM, BUT YOU CAN'T. WHAT YOU CAN DO IS LOVE EVERYONE AROUND YOU AS MUCH AS YOU CAN...AND WHEN IT IS VERY HARD ASK JESUS TO HELP YOU."



Excerpt from our coloring book.

There is NOTHING like a divorce to distance children and parents from God and from church. Try our little checklist to figure out why you may not be helping your children get to church, pray and read scripture as much as they could.

1. Too busy, I just can't keep up.
2. The children are with their father on the weekend.
3. God does not seem real. Sometimes I blame him for not helping us avoid the divorce.
4. I know the church's position on divorce and don't know if I would FEEL welcome.
5. Haven't been to church in a very long time. Don't have anyone to go with me.

All these excuses can seem reasonable but do they make up for robbing a child of a vital connection to a church family and in his or her mind losing a heavenly father as well as an earth family.

**ANGELO WHISPERED TO HIS FATHER.
"I'M GLAD YOU DIDN'T DIVORCE JESUS TOO."**

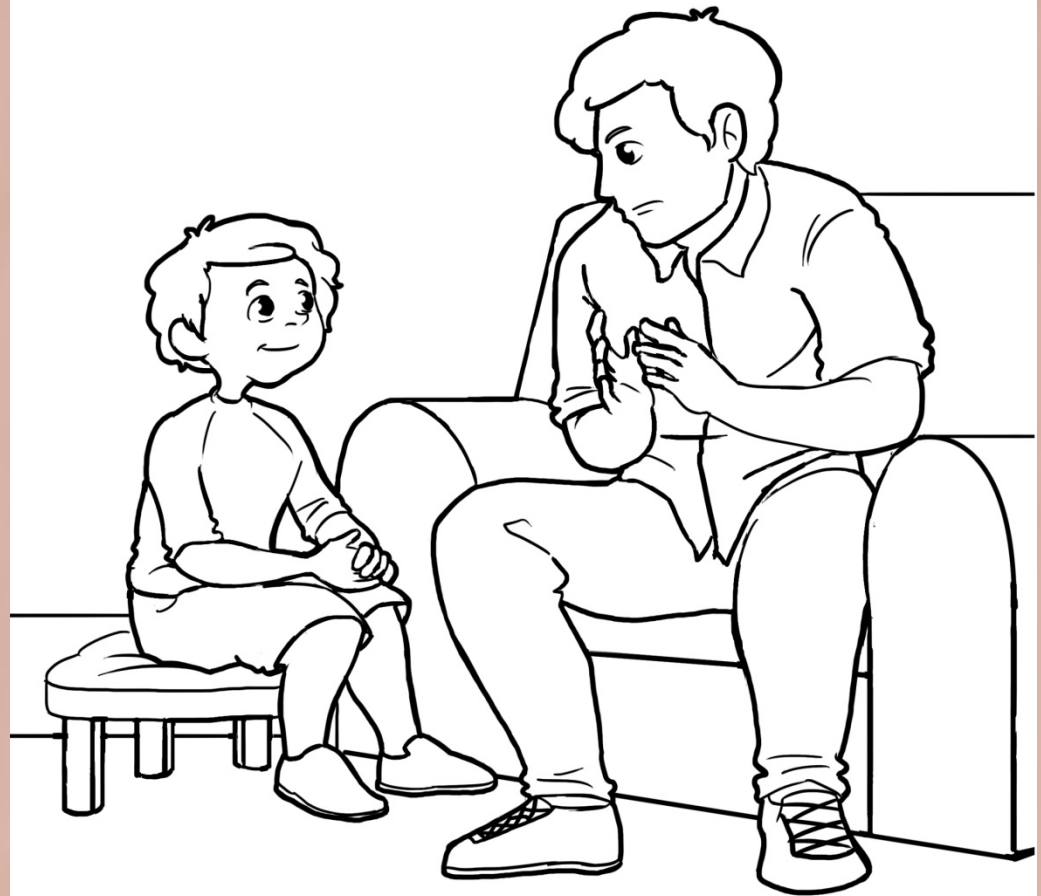


God is VERY interested in earth families, especially children. A few great examples are Moses, Joseph, Samuel and Daniel. They all had big time family problems but each became a man of God AND a leader of his people. Having family trouble puts you at the top of God's list not the bottom.

Important as earth families are God is MORE interested in your forever family, the family of believers.

How we pray you make every effort to get your children to church.

ANGELO'S FATHER SAID: "I WOULD NEVER DIVORCE JESUS. HE IS MY FOREVER FAMILY... YOUR'S TOO."



Many children move quickly to replace their broken families with a circle of friends. True friends are very important but too often the children of divorce find false friends, friends who do not have their best interests at heart.

One thing we recommend heartily for the children of divorce is friends night...one night a week or month where you invite your children's friends into your home. Influence them before they influence your children.

Relating to PEOPLE is MUCH more important than video games.

When a primary relationship is damaged do your best to help your kids develop GOOD peer relations.

Inviting some kids from church would be a great idea.

ANGELO FELT BETTER. MAYBE IT WAS THE MILK AND COOKIES...MAYBE IT WAS FEELING LIKE HE STILL HAD A FAMILY...EVEN IF EVERYBODY LIVED IN DIFFERENT HOUSES.



The following is a true story, his story, told by an 82 year old man.

When I spoke with him Eighty years had passed since his father had abandoned him in the midst of a North Dakota blizzard (30 degrees below zero) but he said he had been cold all of his life...not the terrible physical cold but the cold of knowing his father could abandon him. The only thing, he said, that warmed him all the way through even to this moment were the first two words of The Lord's Prayer... Our Father...which he usually changed to " MY Father". He said that without the Lord's Prayer and The Lord he would have given up many times. We

hope you visit

www.teachustoprayer.com

LATER, WHEN THEY WERE IN HIS DAD'S CAR ANGELO WHISPERED ANOTHER PRAYER: "THANK YOU JESUS FOR COOKIES AND MILK BUT MOST OF ALL THANK YOU FOR MAKING US ALL PART OF YOUR FOREVER FAMILY."



Connecting with a child can be difficult when life keeps us so very busy. One idea worth trying is transition walks.

Whenever you are leaving or rejoining a child (children) go for a short walk to the corner and back. On the way to the corner talk about what the child (children) have been doing. On the way back to the house or car talk about what they will be doing next. If you have to walk two blocks it will be worth the time to help your child turn lose of where he has been and get used to being with you again.

One of my first jobs at a day care was to greet the children as they arrived and say goodbye as they went home. It was the best spent time of the entire day.

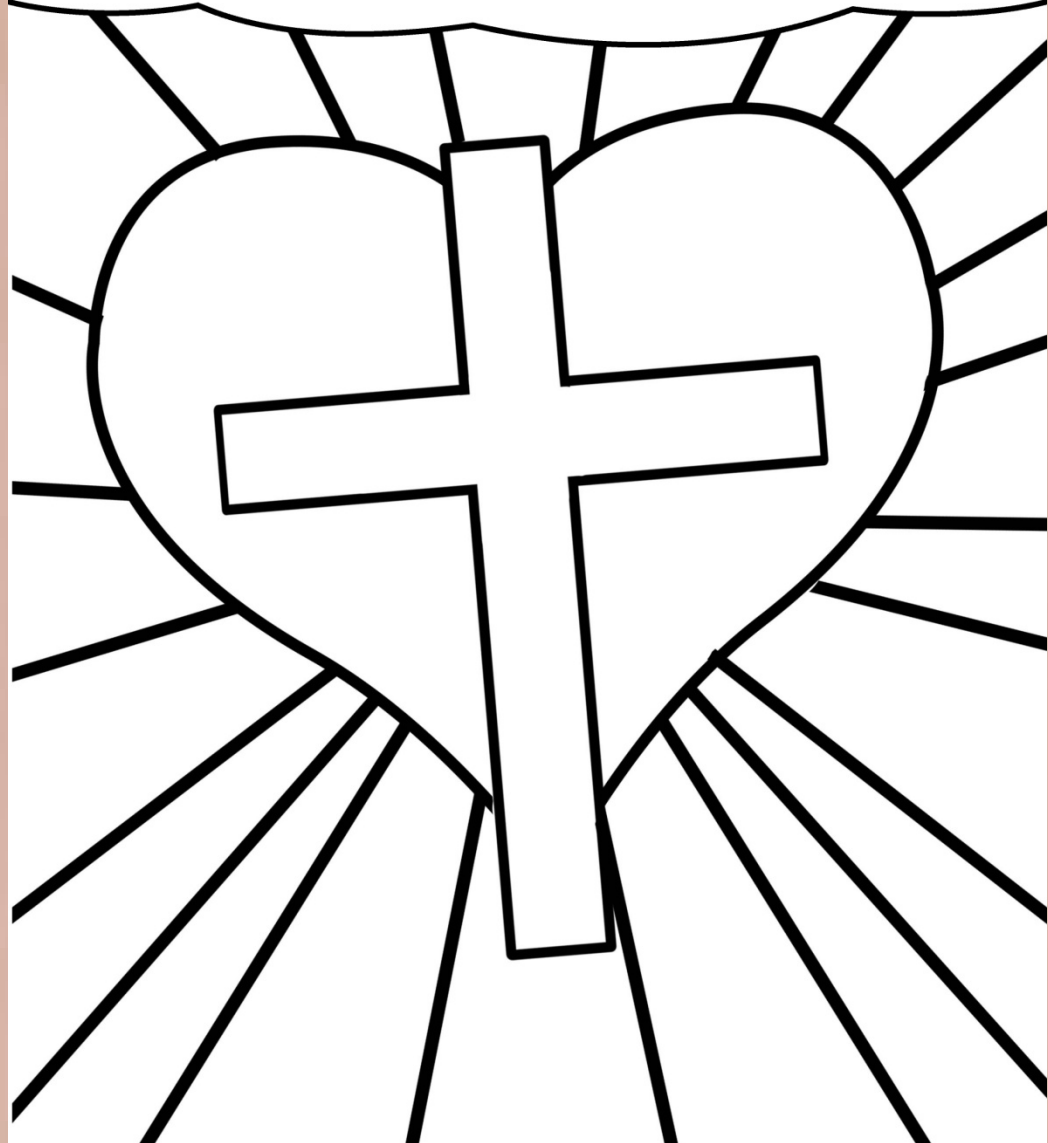
WHEN HE SAW HIS MOTHER AGAIN SHE SEEMED SO TIRED HE HUGGED HER AND PRAYED AGAIN: "JESUS PLEASE HELP MY MOM NOT TO BE TIRED ALL THE TIME. HELP HER KNOW SHE IS IN YOUR FAMILY TOO.



For children as well as adults divorce can be the end of a relationship with God or the beginning.

We pray that for everyone involved it becomes the beginning.

**THEN ANGELO ADDED TO HIS PRAYER;
“THANK YOU GOD FOR LOVING ALL OF US
AND FOR HELPING US LOVE EACH OTHER
EVEN WHEN WE LIVE IN DIFFERENT HOUSES.”**



PARENTS NOTE: The best end to the story is probably a hug followed by one last cookie. We pray that parents and children alike do not allow divorce to come between them and God...that they do not blame or turn away from their one great source of comfort and support...that when their earth family is damaged they find a forever family, a church family. In short when Christ said "Let the little children come unto me:" there was no exclusion for the children of the divorce...or their parents.“ The last page of this story truly is: “You-me, church, Sunday.”

Authors Note: The greatest loss for most children is TIME spent with their parents. For a variety of great fun/healing activities visit <https://bibleparent.com/divorce.html>

The following page features links to some of our favorite activities.

[The Miracle of Blessings](#)

[Rebonding in the kitchen](#)

[Pocket Scriptures](#)

[The Lesson of the Quarter](#)

[Whistle while you work](#)

[The halfday creek club](#)

[Hooked on prayer](#)

For more helps visit

<https://bibleparent.com/divorce.html>