

**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.*

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



There is nothing busier than a Divorced mom. The **ACTIVITIES** on our website [www.childrenafterdivorce.com](http://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”**.

ANGELA PEEKED IN THE KITCHEN TO LOOK AT HER MOTHER. SHE LOOKED BUSY BUT ANGELA DECIDED TO TALK TO HER ANYWAY. "MOTHER" SHE 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](http://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](http://www.bibleparent.com)

Check out a book of short activities from your library.

**HER 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 ANGELA DIDN'T, SHE 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 or loss or both...see what Angela does next.)**

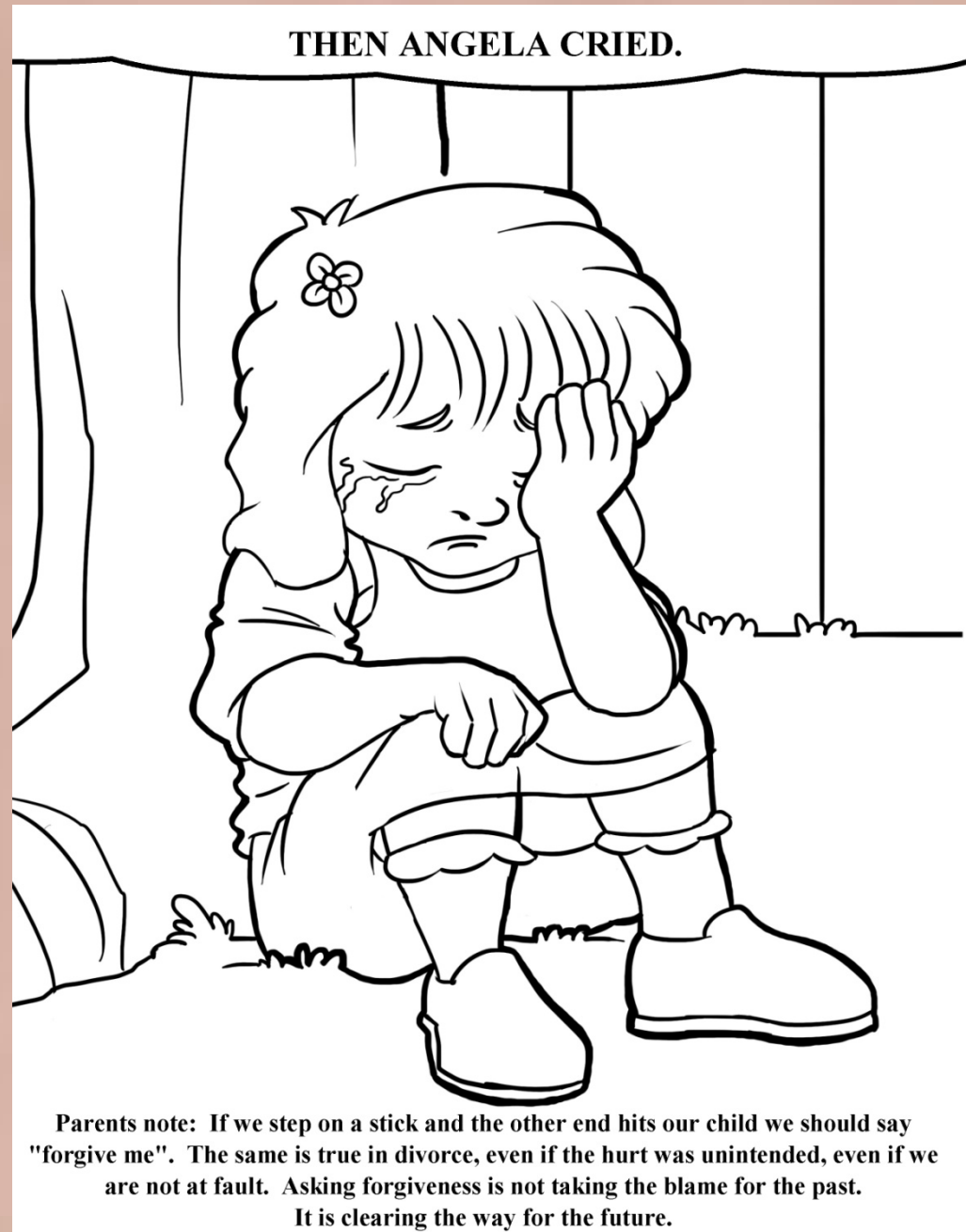


Near the end of his life Dr. Karl Menninger shared with me the most important thing he had learned about anger....that it is a **SECONDARY** emotion.

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.



**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](http://www.teachustoprayer.com)**

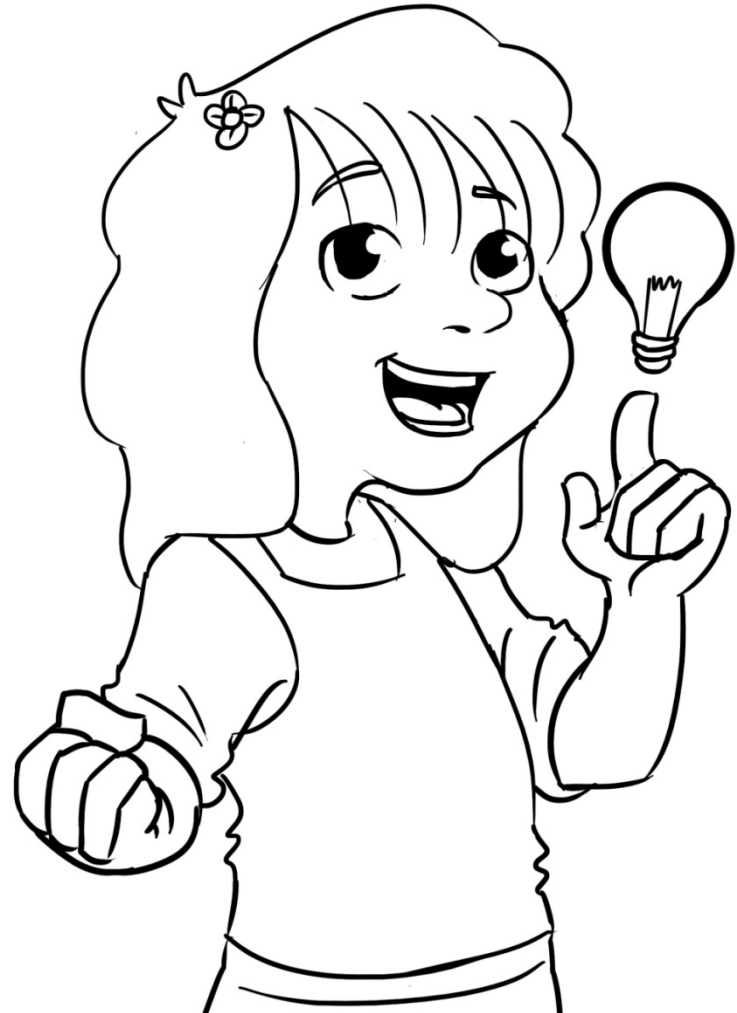
**AND WHEN SHE WAS DONE CRYING SHE PRAYED:  
"JESUS COULD YOU PLEASE HELP ME FIND SOME  
COOKIES TO GO WITH MY MILK?"**



**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](http://www.teachustoprayer.com)**

**ANGELA HAD JUST FINISHED PRAYING WHEN SHE HAD  
AN IDEA. *(WHISPER THIS LINE)* SHE WASN'T SURE THE IDEA  
WAS FROM JESUS BUT IT MADE HER FEEL SO GOOD  
IT PROBABLY WAS.**



**Allowing the children of divorce  
to be children is important.**

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

**SHE 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."**





**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.**

**ANGELA'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**

**HER DAD SAID: "YES",  
SHE 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

**ANGELA 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, ANGELA'S MOTHER DROVE HER TO HER DAD'S NEW HOUSE. ANGELA THOUGHT: "If divorce means you have to live in different houses I don't like it." But she knew she couldn't undivorce people so she kissed her mom, grabbed her milk and got out of the car.**



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 <http://www.childrenafterdivorce.com/resource/dcook.pdf>

HER DAD OPENED THE DOOR,  
HUGGED HER AND SAID:  
"HELLO SPORT".





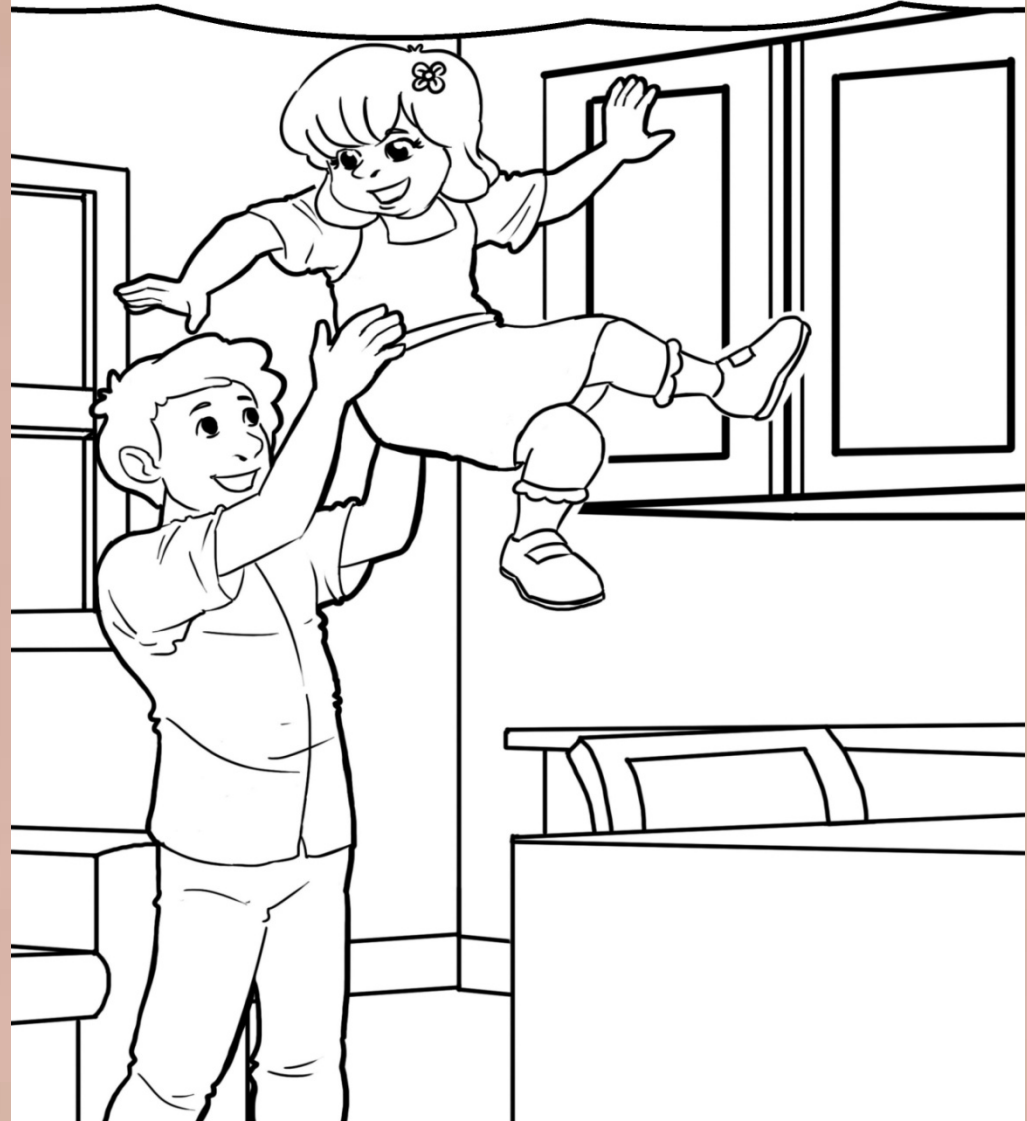
**Good times are important.**

**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](http://www.bibleparent.com)  
for pocket scriptures that  
Comfort... Encourage...  
Guide...Protect... Heal ...  
and much more.**

**ANGELA FORGOT ABOUT THE COOKIES UNTIL  
HER DAD SWUNG HER THRU THE AIR AND  
SAT HER 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.**

**HER DAD OPENED THE CARTON OF MILK AND LET ANGELA POUR. BEFORE SHE KNEW WHAT WORDS WERE ON HER MIND ANGELA 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](http://www.bibleparent.com)**

**ANGELA'S FATHER SUDDENLY SEEMED VERY  
SAD. SEEING HER FATHER SAD MADE  
ANGELA WANT TO HUG HIM AND  
TAKE BACK HER 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 women are happier five years after a divorce only 5% of children report being happier.**

**BUT HER DAD KNELT DOWN, LOOKED IN ANGELA'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.**

**ANGELA STILL DIDN'T FEEL VERY GOOD BUT  
SHE SAW A PICTURE OF JESUS  
ON THE REFRIGERATOR  
AND REMEMBERED HER 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.**

**SHE SAID TO HER 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.

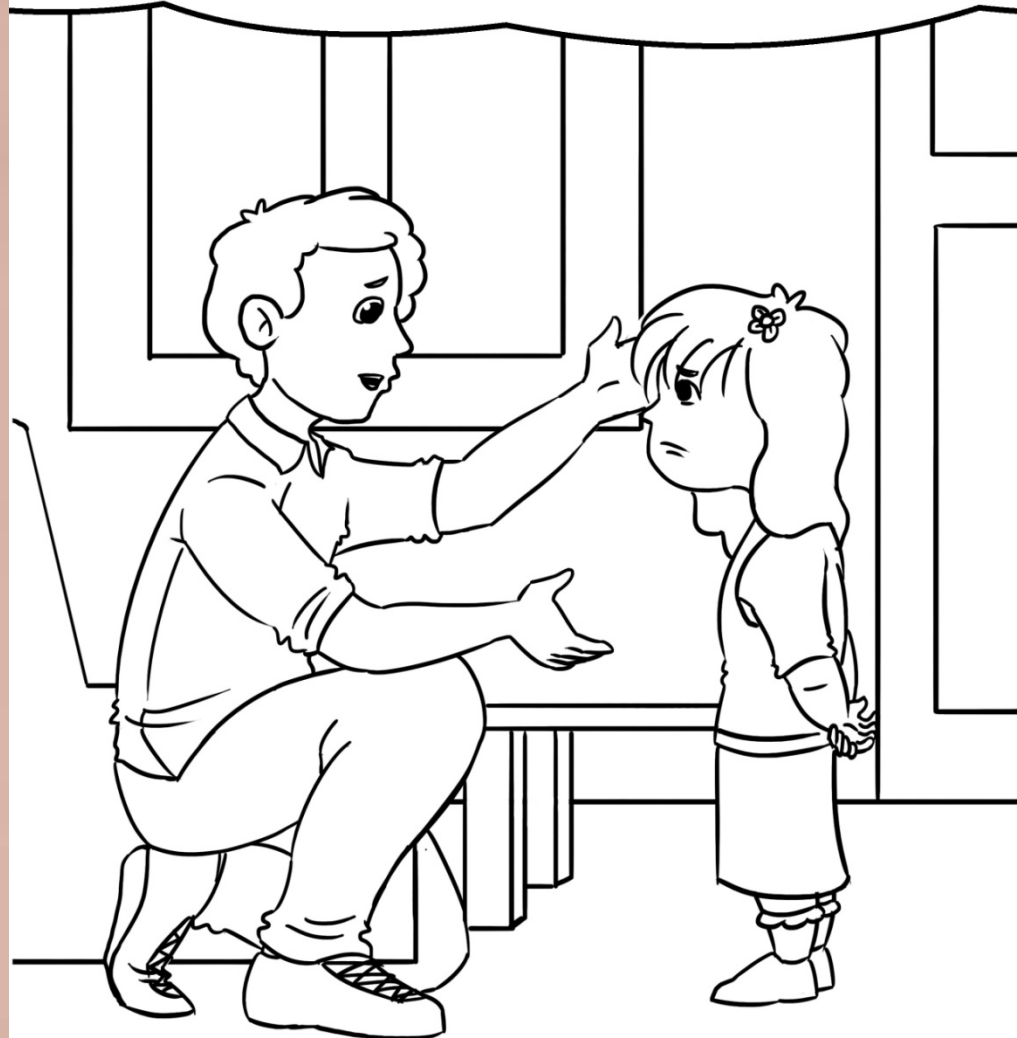
Most children over age seven will want to fix the divorce. These children are stuck with a very adult problem...to keep on trying to fix something they can't and become angry...OR...to forgive.

Forgiving a parent is not something that I 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.

**ANGELA'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.**

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

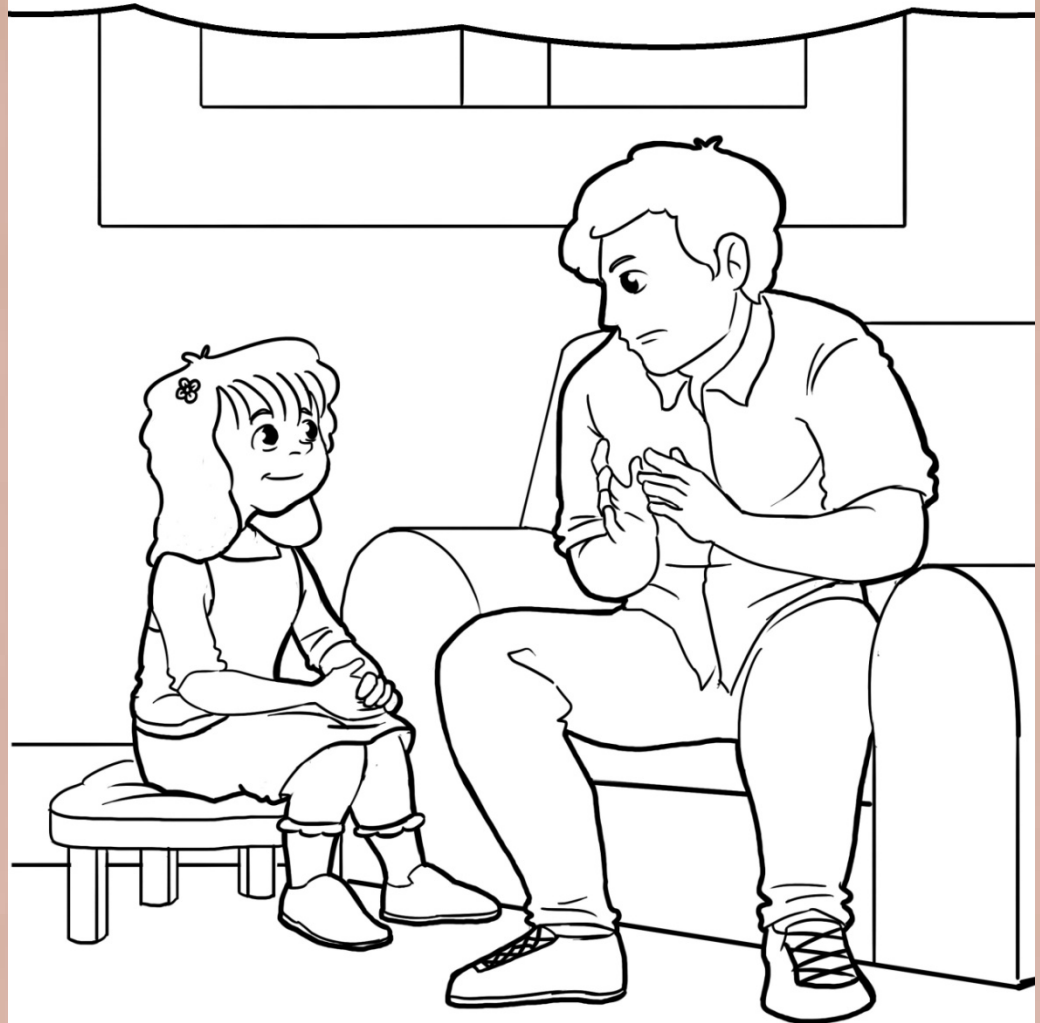


**God is VERY interested in earth families, especially children. A few great examples are Moses, Joseph, Samuel and Daniel. They all had big time family problems but each became a man of God AND a leader of his people. Having family trouble puts you at the top of God's list not the bottom.**

**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.**

**ANGELA'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.**

**ANGELA FELT BETTER. MAYBE IT WAS THE MILK AND COOKIES...MAYBE IT WAS FEELING LIKE SHE STILL HAD A FAMILY...EVEN IF EVERYONE LIVE IN DIFFERENT HOUSES.**





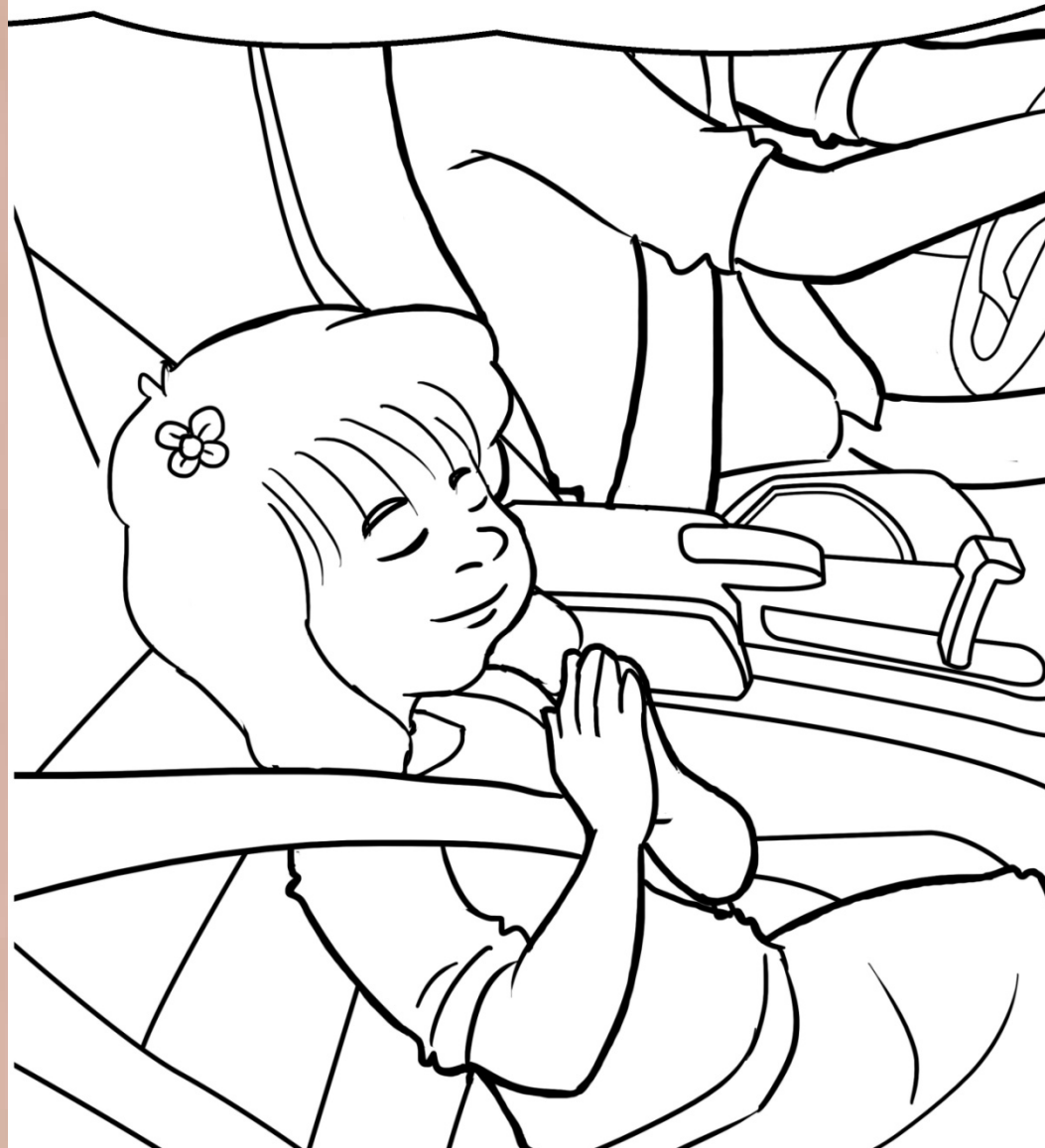
**The following is a true story, his story, told by an 82 year old man.**

**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](http://www.teachustoprayer.com)**

**LATER WHEN THEY WERE IN HER DAD'S CAR ANGELA WHISPERED ANOTHER PRAYER: "THAN 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.**

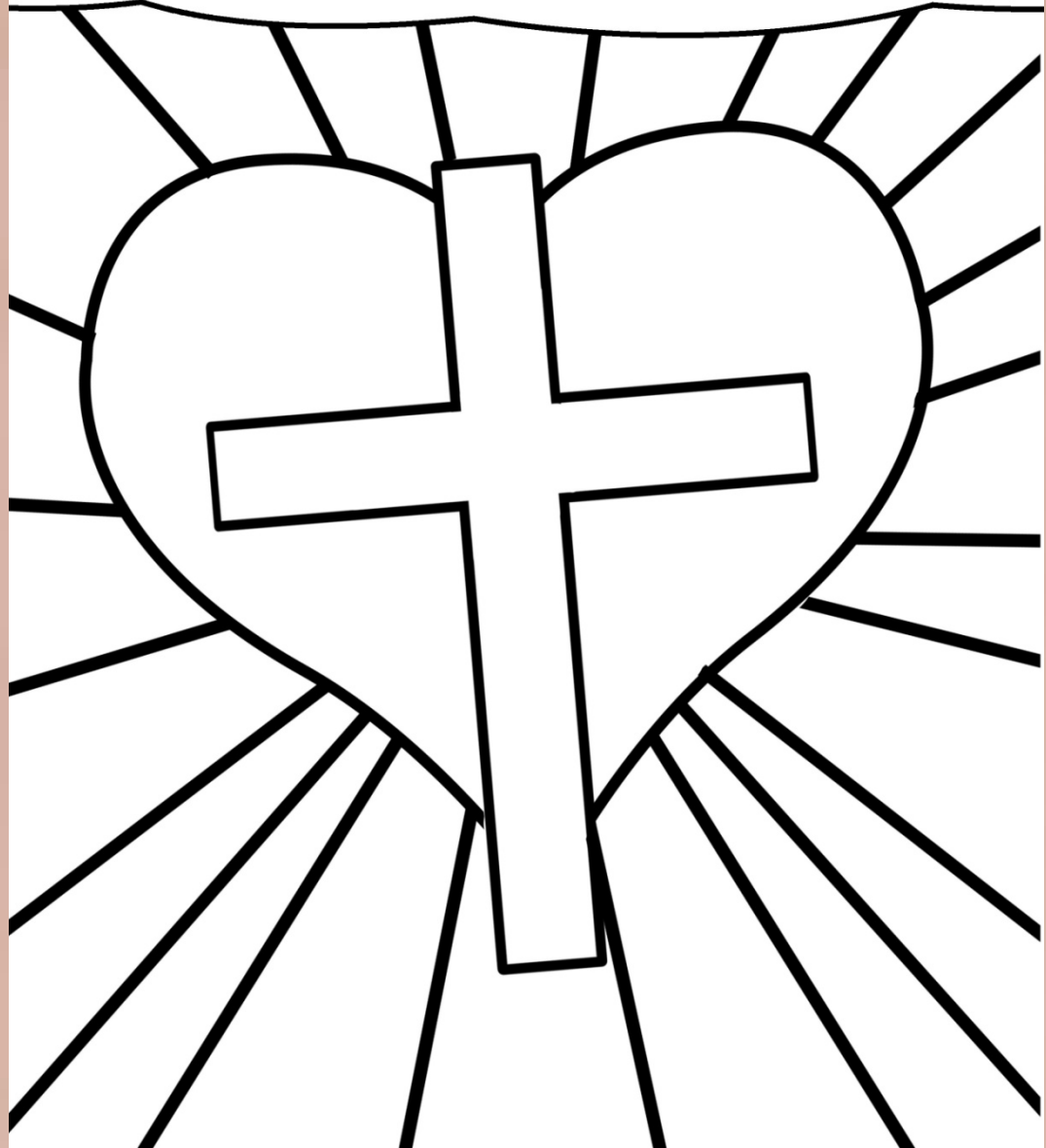
**WHEN SHE SAW HER MOTHER AGAIN SHE SEEMED SO TIRED ANGELA HUGGED HER AND PRAYED AGAIN: "JESUS PLEASE HELP MY MOM NOT TO BE TIRED ALL THE TIME. HELP HER KNOW SHE IS IN YOUR FAMILY TOO.**



**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 ANGELA ADDED TO HER PRAYER:  
"THANK YOU GOD 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>