


two-hug day

written by Rebecca Honig-Briggs illustrated by MaryBeth Nelson






During challenging times, it can be a comfort to just sit down together. Finding a comfy spot to snuggle up and read a book is a great way to remind each other of your special bond. It's also a great opportunity to talk together.

- Ask questions as you read. You might ask: "Is there anything you want to know about divorce?"
- Mention ways that your child's situation is like Niko's. You might say: "Niko goes back and forth between two houses just like you!"

Every divorce is different, and no one knows your situation better than you do. If your child does not experience two-hug day, you can spend more time talking about the ways that Niko is coping with the changes in his life. You might also try some of the activities highlighted throughout the book, like making a calendar that shows fun things you will do together throughout the week.



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Today is a two-hug day.



Daddy and Mommy live in two different houses, and on two-hug day I go from one house to the other. I get a special hug from Daddy when I leave his house to go stay with Mommy for a while and a special hug from Mommy when she welcomes me home.



On two-hug day
I sometimes feel glad
and sad all at once.



I'm happy to see Mommy, but I know I'm going to miss Daddy while we're far away from each other.



On two-hug day, I sometimes have big questions:
“Why can’t you and Daddy both put me to bed?”
Mommy always answers even when the questions
are hard. “Because Daddy and I are divorced,



which means that we're not married anymore. We decided that living in different places was the best thing for everyone." Sometimes I don't like her answers, but Mommy says that's okay.



Sometimes I feel upset on two-hug day because I wish Mommy and Daddy would live together again. I wish that things didn't have to change as much.



On two-hug day, Mommy reminds me of really important things. “No matter what has changed because of the divorce, I will always be your Mommy, and Daddy will always be your dad. We will both always love you no matter what.”



When we go inside, Mommy makes me my favorite snack and says, “Tell me about all the great stuff you did with Daddy.” I tell her all about the cool bug I saw in Daddy’s yard. She tells me about a cool bug she saw yesterday too. Mommy, Daddy, and me are always finding cool bugs even though we don’t live together anymore.





On two-hug day, we make a list of the things we'll do together over the next few days.

monday



tuesd



thursday



I'm already excited about helping Mommy make spaghetti and meatballs for dinner on Wednesday!



friday



On two-hug day I love to play with my friends.
I have some friends at the house I live in with
Mommy and other friends at the house I live
in with Daddy. No matter where I am, we build
forts, pile rocks, and pretend to sail a ship. I am
especially good at being the captain.





Then I talk with Daddy to tell him about the fun I had.
He tells me how much he loves and misses me.



When I'm done, Mommy pulls me in close. "I'm so proud of you for being brave and strong. I know it's hard to go back and forth between houses sometimes," Mommy says. "I'm proud of you on two-hug day and on every other day too."





Then we do DBB—that’s dinner, bath, and books. We always do it just like that no matter what day it is. I choose my train book tonight because it’s my favorite. I like it so much I keep one train book at Mommy’s house and one at Daddy’s too.



Mommy tucks me in and tells me good things to dream about. “You can dream about trains,” she says, “and finding bugs and sailing a ship.”

“And I can dream about all the fun we’ll have tomorrow,” I say. Then she gives me one big hug as I close my eyes and think about how much Mommy and Daddy love me on two-hug day and on every other day too.





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