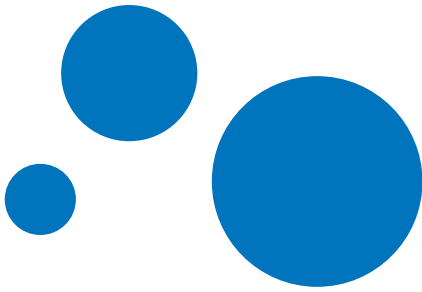


Ten Tips

For Parents





Welcome

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

-Deuteronomy 6:5-9

Discipling a child is a ministry of the heart. It addresses the heart of a child and directs their affections to God. But every parent knows - they cannot change the heart of their child.

God, in his wisdom, has designed the family unit as the best environment for a child to be born into. To be nurtured and to grow. And it's within this relationship, between parent and child, that God speaks these words in Deuteronomy.

This is a call to action. Parents to be proactive. They are to impress, talk, tie, bind, write - to be intentional about the daily discipling of their child.

Every parent is to make God visible within the family home. 'Tie them as symbols... write them on the doorframes...' God's presence is not to be a once-a-week Sunday experience but a 24/7 experience in the life of a child. God-talk is to be part of the 'waking up, lying down, sitting, walking' aspect of daily family life.

But what does this look like? Ten Tips aims to equip parents in their God-given, privileged role of speaking the truth of the gospel into the life of their child. Ten Tips is not meant to be prescriptive, rather descriptive. It allows parents to choose what's helpful for them and their family as they seek to bring their children up in the fear and love of the Lord, entrusting the changing of their child's heart into the sovereign control of their gracious God.

by Sandy Galea



On Reading The Bible With Your Child

1. It's never too early to begin reading the Bible with your child. From a very young age establish the routine.
Bath | Bible | Bed
2. Establish a regular time when you read the Bible with your child.
Breakfast | Dinner | Bedtime
3. Regular and short is better than irregular and drawn-out.
4. Use age-appropriate Bibles. See the list of recommended Bibles for each age group on the inside cover of each Kidswise Bible Reading Plan or on each Kidswise Bible Reading Bookmark (free Kidswise Parent Resources).
5. Follow the instructions on the Kidswise Bible Reading Plans. Read a Bible passage (use the ICB version, International Children's Bible) or read a Bible story from a recommended Bible suitable for the age of your child. Then as a family reflect on what has been read using the questions suggested in the plans/on the bookmarks. Note: children who hear their parents reflect are more likely to open up and reflect. Finally pray together.
6. Repetition is fine. Children often want to hear the same story again and again.
7. As children grow older, read a Bible passage (ICB version, International Children's Bible) and encourage everyone in the family (adults as well as children) to ask one question about what's being read then pray together about what you've learnt.
8. If you're regularly away from your children, establishing the pattern of reading the Bible with your children over skype/zoom.

9. Be creative - draw, dramatise or retell the Bible story. Use dress-ups, lego, toys... collage, paint, playdough... to retell the Bible story as a family.
10. Be sure to read books like The Big Picture Bible Story that teach the Bible's big story to help children see that the Bible is not just a collection of little stories but one big story. And that Jesus isn't in just parts of the Bible, the whole Bible is about Jesus!

by Sandy Galea

Recommended Resources

Kidswise Bible Reading Plans (incl. list of recommended Bibles)

Kidswise Bible Reading Bookmarks

The Wonder Of Easter, by Ed Drew

Talk Talk series, Good Book Company

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On Teaching Your Child To Pray

1. It's never too early to begin to teach your child to pray. As you wrap them, cuddle them and put them down to sleep - pray. 'Mummy loves you, Daddy loves, but most of all God loves you. Let's thank him for today.'
2. Children are greatly helped by parents who regularly pray out loud with them. From a very young age, establish a daily routine where you read the Bible and pray with your child.
Bath | Bible | Bed
3. Bring prayer into your regular family routines.
Breakfast | Dinner | Bedtime
Driving to school | Walking home from school
On the way to holidays | On the way back from holidays
4. Pray as a family as you celebrate family traditions.
Celebrating Christmas | Celebrating Easter
Every birthday in the family
5. Never ask your child, 'Do you want to pray?' Instead ask, 'What can we pray about?' or 'Who's going to go first?' or 'Let's talk to our awesome God.'
6. Download the Kidswise Family Prayer Cube (see Parent Resources). Copy and cut the pictures then attach each picture to a cube. Either roll the cube or turn the cube. Read the words on the picture rolled or chosen by your child. Encourage them to use these words to begin their prayer.
7. If your child is very young or unsure, pray a simple 'copy prayer' for your child to repeat (note: pray in short phrases so it's easy for them to copy). One day they'll say they don't need to 'copy prayer' because they're big enough to do it on their own.

8. Create a family prayer photo album, filled with family and friends to pray for. Use the family calendar to pray about upcoming events, and especially to pray for opportunities to share Jesus as a family.
9. Fill a container with paddle pop sticks. On the end of each paddle pop stick write a suggested prayer topic: school teacher, Kids Church leader, missionary family, church family, church leaders, coach, friends, grandparents, aunties, uncles, cousins... After children have prayed about their world, encourage them to choose a paddle pop stick and pray for others.
10. Read through a prayer in the Bible. Each member of the family takes a few verses of the prayer and puts them into their own words. Psalm 8, Psalm 105, Matthew 6:9-13, Ephesians 1:15-23, Philippians 1:3-11, Colossians 1:3-14

by Sandy Galea

Recommended Resources

Kidswise Family Prayer Cube

Kidswise International Prayer Cube

Kidswise Kids Prayer Journal



On Helping Kids Meditate And Memorise Scripture

1. Purchase a family devotions book that focuses on one verse and helpfully unpacks it for children (e.g. Thoughts To Make Your Heart Sing, by Sally Lloyd-Jones, Short Steps For Long Gains Family Edition, by Simon Manchester).
2. Purchase an International Children's Bible (ICB) to read for family devotions. Read a section of scripture and look for one verse that stands on its own (i.e. is able to be understood when separated from the surrounding verses). Encourage each family member to try and put that verse into his or her own words.
3. Try to arrange a verse as a family so that it's memorable. Add hand actions, a beat, stamps, claps, melody, or sing the verse to a familiar nursery rhyme or tune. Revise the verse together regularly.
4. Ask each member of the family to cartoon or draw a series of pictures illustrating a verse. Encourage each family member to share their cartoons/illustrations and what the verse means.
5. Take out a Kidswise Audio Membership and download memory verses to learn as a family. Learn verses as you travel in the car (e.g. to and from school).
6. Purchase the app 'Fighter Verses'. Select verses listed on this app to discuss and learn as a family. Each verse on Fighter Verses is categorised under a topic and has both an audio track and a musical arrangement. The app has Quiz Games and enables you to keep a record as a family of which verses you've learnt.
7. Think of people you could share your family memory verse with (e.g. missionary family, friends, church family member...). Either post, text, skype/zoom or email the verse to encourage them.

8. Play a circle game where a memory verse is said, one word at time, by each member of the family. See how fast you can say the verse as a family.
9. Display your memory verse on your fridge or in a visible place where everyone in the family is reminded of it daily.
10. Find out what memory verses your child is learning at Kids Church, Kids Club, Scripture... (whatever group your child attends). Ask your child to teach the memory verse they've been learning to the whole family.

by Sandy Galea

Recommended Resources

Kidswise Audio Membership

Thoughts To Make Your Heart Sing, by Sally Lloyd-Jones

Short Steps For Long Gains Family Edition, by S Manchester

Colin Buchanan <http://colinbuchanan.com.au/>

The Rizers <http://www.therizers.com/>

Fighter Verses App

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On Shaping Your Child's Attitude To Church

1. Make church a priority in your weekly family calendar. Children know how important school is because they have to go unless they're sick. Communicate how important it is to meet with God's people by only missing church for either sickness or family holidays.
2. Plan your family calendar around the church's calendar. Put church events (esp. the family events) into your family calendar and plan around these special church family gatherings.
3. On the way to church (as you walk or drive) pray as a family - that God will use each of you to serve other people at church and help them to grow. Pray also that God's Word would be taught faithfully to the kids, teenagers and adults at church.
4. On the way home from church give each family member an opportunity to share what they've learnt or what they've been reminded of at church.
5. Talk about how God has made us all different - we are all good at different things. Talents (things we are good at) become gifts when we use them to serve others at church. Discuss what each person in the family is good at and think about ways each person can use their gifts to help others at church grow to be more like Jesus.
6. Praise God for the gifts he has given each of you and celebrate when God gives you opportunities to serve the church family.
7. Think about a ministry you could get involved in as a family. It could be a monthly ministry (setting up or packing up) or a one off ministry (handing Christmas parcels out to needy families).
8. Sometimes children don't want to go to church. If they don't have a friend at church remind them that it takes about 6 months of regularly going before most children feel at home.

9. Talk as a family about how to encourage someone at church who has helped them grow. Encourage your child to thank people who have helped them love Jesus more and live for him by making a card, writing a letter, thanking them in person...
10. Be careful how you speak about church and people from church in front of your children.

by Sandy Galea

Recommended Resources

Kidswise Stories (1 Corinthians, Acts)

Kidswise Lessons (1 Corinthians, Acts)

Kidswise Article: 'Consumers To Contributors'

<http://www.families.org.au>

<http://www.thegospelcoalition.org>

<https://au.thegospelcoalition.org>

<https://growingfaith.com.au>

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On Keeping Kids Safe In A Cyber World

1. Think as a family about how you can use the internet to reflect Biblical principles and values. Look back at these again and again so your children understand why we do what we do. Do you "like" sites with wholesome material? With wholesome names?
2. Enjoy the cyber world together. Spend time with your child looking at clips, playing games together and searching the web. Show a genuine interest in what interests your child.
3. Spend time offline together. Have set times (dinner, movie nights, game nights) where all family members put away their phones (put them in a "cyber basket", on silent, vibrations off, so notifications can't be heard). As well as having fun as a family, this models discipline and self control.
4. When you read the Bible on your device (smart phone, tablet...) does your child know you're reading God's Word? Bible apps are great and convenient. However, children benefit from seeing their parents read the Bible in paper form. This removes any confusion as to what you are doing. If regularly reading the Bible or praying using a prayer diary on a device, occasionally communicate to your child what you're doing.
5. Place computers in dining or family rooms (not bedrooms). Have filtering software fitted (e.g. Covenant Eyes) and develop the habit of handing in devices before going to bed.
6. Encourage and model honesty. Allowing your child to join social networking sites before the minimum age (by giving a false date of birth) tells them that it's fine to break rules if they don't agree with them. Minimum age for all is 13 years.

7. When they are old enough to use social media, know your child's password. Let them know you'll randomly check their emails, the sites they visited and their online communication. Not because you don't trust them, but because you want to be involved in all aspects of their life. To guide and protect them as they explore the online world.
8. Be your child's "friend" on social networking sites. Have your child "friend" other relatives whom you trust, who can model appropriate language, discussions and shared sites. Make it a requirement that your child knows all their social networking friends in person.
9. Talk about how people can be someone they're not on the internet and how your child's profile should reflect who they are at all times.
10. Talk with your child about potential issues – cyber bullying, stalking – before they arise. Discuss different possible scenarios and how they could be dealt with. Never blame your child for an issue but rather work through it with them. Open communication is vital.

by Kathryn Kettlewell

Recommended Resources

Cyber Parenting, by J & S Boswell

<https://www.esafety.gov.au/parents>

<https://safeministry.org.au/safe-ministry-training/>

(although Safe Ministry Training Courses have been developed by Sydney Anglicans to train leaders in kids and youth ministry, it's an excellent course for parents in understanding how best to keep children safe)

<http://www.covenanteyes.com>



On Addressing Kids Fears And Doubts

1. Be ready - children, just like adults, will go through periods of doubt. Disbelief is the lot of the non-Christian, periods of doubt is the experience of the Christian. So expect that your children will go through periods of doubt just like you.
2. Be merciful to those who doubt (Jude 1:22). Our response to anyone experiencing doubt is always mercy. Sometimes the way children express things can be very cute or at times sound funny, but taking their issues seriously is important. Be careful not to belittle or make light of a child's doubts.
3. When your child expresses doubts (i.e. God's existence, Bible being true, Jesus' resurrection...) stay calm. Children feel their parent's anxiety and this can make them feel uncomfortable. Our anxiety can deter them from sharing their doubts in the future.
4. Be patient. It often takes a child a long time to express their thoughts. Try to fully understand their doubts before responding.
5. Normalise doubts. Reassure them that this is normal. Children often think there is something wrong with them if they're unsure of something Mum and Dad think is true. Take them to heroes like David, Job and Thomas, who all went through periods of doubt.
6. Encourage your child to express their doubts by encouraging questions. Doubts will continue to grow if not expressed. Encouraging questions is one way of helping children express doubts.

7. Fears are very real for children. Night terrors, fear of the dark, fear of being alone, fear of the green and yellow monster under the bed... Encourage your child to talk to their Father in heaven about their fears and doubts. Sometimes this will mean children end up with a prayer that reads like a shopping list of all the things that terrify them, but speaking them out loud to their Father in heaven is great! They will eventually grow out of this mantra as their fears subside and their prayers will begin to vary.
8. Teach your child verses from scripture that address their fears or doubts. Put them on the fridge, on their bedroom walls. Say them, chant them, sing them - as you drive to school, as they fall asleep.
 - Proverbs 3:5-6
 - Psalm 18:2
 - Psalm 56:3-4
 - Psalm 118:6
 - James 1:5-8
 - 1 John 4:18
9. Appropriately share your fears and doubts with your child, and what you found helpful.
10. Read books that address fears and doubts appropriate for your child. The Storm That Stopped, by Alison Mitchell is a great retelling of Mark 4. Jesus asked his disciples, 'Why are you afraid?' It reminds us that we have nothing to fear because our trust is in Jesus, God's Son. Or, for older children, the books by Lee Strobel are a great place to start in addressing doubts.

by Sandy Galea

Recommended Resources

Big Truths For Little Kids, by Susan & Richie Hunt
Case For Christ For Kids, by Lee Strobel
Case For Faith For Kids, by Lee Strobel
Case For The Creator For Kids, by Lee Strobel



On Talking To Your Children About Sex

1. The conversation between parent and child about sex/sexuality should begin when children are young and continue through to adulthood. The first messages your child hears about sex can powerfully shape your child's view. So aim to be the first to talk with them about it. Remember, repetition is crucial.
2. Discuss the joy of God's good creation, and how he's made us male and female - the same but different. And how sex is one of God's good gifts for us to enjoy when we're grown up and married.
3. As you read, tell or watch stories together. Use them as a springboard to discussing sex and sexuality with your child. There are so many unhelpful stories on TV that give children a distorted view of sex and their bodies. Address the stories your children are being exposed to (e.g. the stories in advertising).
4. Teach your children delayed gratification - to wait for their turn, to save for the toy, to wait until it's dinner time. Children who learn to wait for something good, will be better prepared when faced with sexual temptations later on.
5. Let your children feel the impact of their choices. Don't step in and soften the negative consequences of their choices. Children who feel the full impact of their choice, develop the skills and resources to make wiser choices in the future. This is particularly important in the area of sexuality.
6. Aim to be an askable parent. Be open and responsive to questions rather than defensive and negative. If your child feels that you welcome, and honestly seek to answer their questions, they will be more likely to come to you with their more difficult questions.

7. Be accurate, simple and clear when explaining sexual intercourse, rather than vague and cryptic. Use the correct anatomical words, vagina and penis, rather than slang alternatives.
8. Talk with your children about their right to say 'no' to another person. This can be taught by role playing a family game together and asking your child to firmly say 'no' when they don't want to play anymore.
9. Teach your child about privacy and modesty from a young age. There are parts of their body that are private. No one is to touch or see those parts except the child (family members when the child is young and medical practitioners).
10. Teach your child that there's nothing God can't forgive. Forgiveness is at the heart of the Christian message. Children need to know that no matter what they do or say or see, because of Jesus, forgiveness is available to all who ask.

by Sandy Galea

Recommended Resources

Kidswise Stories (1 Corinthians, Acts)

Kidswise Lessons (1 Corinthians, Acts)

Kidswise Article: 'Consumers To Contributors'

<http://www.families.org.au>

<http://www.thegospelcoalition.org>

<https://au.thegospelcoalition.org>

<https://growingfaith.com.au>

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On Celebrating Christmas With Your Child

1. God's amazing gift to us is the forgiveness of our sins through his son, Jesus. We don't deserve this gift nor did we do anything to earn this gift. It's a gift. And God never takes back his gift to us. So be careful not to discipline a child by taking a gift away as a punishment. If you do, then you'll teach them that they have to be good in order to deserve the gift and that they have to be good if they want the gift back. Gifts are neither deserved nor earned. They are freely given and never taken back.
2. Establish helpful family traditions that help your child to stop and be reminded both visually and verbally of the centrality of Jesus in the craziness of Christmas. Example: pray together after you've set up the Christmas tree, read a passage of scripture together before you open presents, retell the birth of Jesus using commercial or homemade figurines as a family.
3. Use an Advent Calendar to kick start your family into daily Bible reading. Each day of December, read the verse suggested in the booklet, pray and open up a window in the calendar.
4. Foster a thankful heart in each of your children. Spend time with them making cards and writing letters thanking people who have been generous with their time and energy throughout the past year (e.g. Kids Church leaders, Kids Club leaders, Playtime leaders, school teachers, preschool teachers, tutors, coaches...).
5. Encourage your children to be servant hearted. Look for opportunities to serve as a family, people who are in need in your local community.
6. Teach your children to have a generous heart. As a family, reduce the amount of gifts bought for family members, and instead select a gift from the Compassion catalogue. When family gifts are being opened ask a child to remind the family what gift was purchased and how it will help people who are in need. As a family pray about the people who will receive this gift.

7. Seek to develop a sacrificial heart in each of your children. Encourage young children to think about what they can give away to children who don't have much (give their best, not to just give what they don't want anymore). Encourage older children to purchase gifts out of their own money and put a shoe box of gifts together for a child in need for the Samaritan Purse appeal called, Operation Christmas Child (done in October each year).
8. Model a welcoming heart to your children by looking for opportunities to invite people who have no family into your home to share a meal at Christmas.
9. Keep Santa Claus in the area of fantasy. If you treat Santa Claus as real, children may then question whether Jesus is real.
10. Stop and consider what you model to your child about what's important at Christmas. So, gather around God's word, stop and pray together, meet with your church family, buy less and give more.

by Sandy Galea

Recommended Christmas Resources

Kidswise Christmas Mini Movies
Kidswise Christmas Stories
Kidswise Christmas Lessons
King Of Christmas, Colin Buchanan
Advent Calendars, The Good Book Company
Beginning With God At Christmas, The Good Book Company
My First Christmas Story, by Tim Dowley
Little One We Knew You'd Come, by Sally Lloyd-Jones
The Christmas Promise, by Alison Mitchell



On Developing A Generous Heart In Kids

1. Allow Scripture to shape your child's attitude about their possessions from an early age. Everything we have is his. He made it. He owns it. It's all his. (James 1:17) From an early age, encourage your child to be generous with what God has given them. Encourage them to share their toys and possessions. Some children naturally share, whereas others find this difficult. No matter the disposition of your child, expect your child to share with others.
2. As Christians we are unbelievably rich! God has given us Jesus and all the blessings that come from being in him. Read one verse per week from Ephesians 1:3-14. Choose one of these good things (blessings) and write it as a headline (Chosen By God Before The Word Began!). Each week discuss the blessing as a family, pray about it and put it up on the fridge.
3. We can trust God in everything (Matthew 5:25-33). God's generosity and provision is observed in his generosity and provision in nature. He clothes and cares for the insignificant sparrow and the fleeting flower. Spend time with your child observing creation, highlighting God's care/provision.
4. Help your child learn to reflect on how unsatisfying money and material possessions really are. Exercise: sit down with your child and write a list of the things they have bought in the last 6 months. Share a list of things you've bought with them as well. Together, cross off things that are no longer around (eaten, broken, lost, old...). Underline with a wiggly line those things that are still around but are not liked or played with/used anymore. Read Ecclesiastes 5:10-11. Finally, circle the things that are still used and liked. How long will these things last?
5. Teach your child about long term investment - money that lasts for eternity. Regularly thank God as a family for the people who have said 'Yes' to Jesus because of the work of your local church, mission work you support, the work of Compassion... anywhere where you as a family have given money for gospel work.

6. Children need to see how much to give. Giving is to be done in secret, only our heavenly Father needs to know. But as parents, our children need to see how much to give. Show or visually represent how much money you as a family have decided to set aside to give to God.
7. Every now and again ask your child to hand in the family tithe on Sunday.
8. Warn your child of the dangers of the love of money (Matthew 5:24).
Need: two firm balls about the size of a softball or bigger. Ask your child to put one hand behind their back and pick up both balls at the same time with the other hand. They will only ever be able to hold one ball at a time, never both at the same time. One will always be dropped. Point: you can't love money and God. One will always win your heart over the other.
9. When giving money to your child (pocket money, payment for jobs...) give it to them in coins. This makes it easier for them to divide it up as soon as they get it.
10. Use the Kidswise 'Money For God' tool (free parent resource) with your child. Encourage them every time they receive money to divide it up: money for God, money for savings, money to spend.

by Sandy Galea

Recommended Resources

Kidswise 'Money For God'

Kidswise Stories

Kidswise Lessons (Ecclesiastes, Philippians, James)

Compassion

Training Your Children To Manage Money, by Justin Taylor

(Gospel Coalition (<https://www.thegospelcoalition.org>))

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On Developing A Heart For The Lost In Kids

1. Your family is your first mission field. Share Jesus with your kids. As you read the Bible and pray with your children, balance between talking to your kids about turning to Jesus and living for Jesus. As children grow it'll become clearer whether they've understood God's good news - it's not what we've done, but what Jesus has done for us.
2. As a family pray for opportunities to share Jesus with friends and family. Pray as you go to parties, go to extended family gatherings, go to the park...
3. Share with your children every opportunity God has given you to talk about Jesus. Encourage your children to do the same. Share your joys when things go well. And share your failures - when you've failed to open your mouth, when you've not known what to say, when you regret what you've said. Be real and honest.
4. Adopt a missionary as a family. Write letters to, draw pictures for, send gifts to, skype/zoom, pray for, read newsletters from, place their picture on your fridge, learn about the country they live in and what they do there...
5. Do mission together as a family. Look for a mission-focused program you can become active members of as a family: Playtime, Music & Movement, Kids Club, Holiday Club...
6. As a family sponsor kids (not your own) to go on Christian camps and holiday clubs so that they'll get to hear about Jesus. Set aside time and petrol money in the family budget to be the family that transports kids to and from the holiday club. Ask open ended questions in the car so that the kids (yours and those who you've offered to transport) talk about what they've been learning.

7. Learn simple gospel outlines as a family. An easy outline can be a simple drawing (e.g. Bridge to Life), a series of colours (e.g. The Wordless Book) or an action chant:

God made it (one thumb up)
He owns it (both thumbs up)
We broke it (both thumbs down)
He fixed it (both thumbs up again)
8. Talk about how to answer difficult questions that may be asked when sharing Jesus. Open the Bible and role-play possible answers.
9. Memorise verses of scripture that summarise the gospel as a family. Purchase Kidswise memory verses or take out a Kidswise Audio Membership.
10. Remind your children that no one can make another person a Christian - God does that. Nor is anyone the reason why someone does not turn to Jesus. But we can make Jesus look attractive if we live our lives loving and obeying Jesus.

by Sandy Galea

Recommended Resources

Kidswise Kids Clubs

Kidswise Holiday Clubs

Kidswise Playtimes

Kidswise Audio Membership

This Is The Gospel, Kids Read Truth

Who Will Be King? (gospel track, ages 8-10, www.matthiasmedia.com.au)

The Amazing Rescue, by Quizwox (comic, ages 7-9, www.quizworx.com)

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On Encouraging Inner Beauty In Girls

1. Use the word 'beautiful' to describe godly behaviour in your daughter or the women around them. 'It was beautiful when you shared your toys.' 'Saying sorry is beautiful to God.' 'That woman is such a beautiful woman. She always looks out for people who are sitting by themselves at church.' Try not to use the word to describe outward appearance.
2. Mother's be honest. Tell your daughters what parts of your own body you like and what parts you don't like. Encourage her to be honest. Then ask God to help both of you be thankful to God for the way he has made you.
3. How much time does your daughter see you spend in front of the mirror? Do you have too many mirrors in your home?
4. Teach your daughter about modesty from a young age. When buying clothes ask: 'Is this modest? Is it too tight? Is it too short? Is my belly showing? Is it too low in the front?' Little girls who dress modestly will be more likely to grow to be women who dress modestly. Show your daughter how important modesty is. Be prepared to buy a more expensive outfit if it means your daughter will be modestly dressed.
5. Stop and think about how often you talk about weight? Your own weight, the weight of family members, the weight of friends, people on TV, people in magazines...etc.
6. Come down hard on teasing or 'friendly joking' based on weight or body 'imperfections', especially between siblings.
7. Talk about eating a healthy balanced diet, not the fat or carb content of every item in the fridge.

8. Talk about gluttony and greed (as your daughter consumes her fifth Tim Tam), not the weight they might gain.
9. Talk about self-control when your daughter impulsively fridge grazes. Delayed gratification is an important characteristic to develop in your daughter. Teach your daughter not to give in at the first hint of hunger, instead to wait and eat with the family. Saying 'no' when temptations are small will help her to learn to say 'no' when temptations are bigger.
10. Celebrate God's gifts - being a woman, being creative, the sheer variety of colours and fabrics God has given us to use and enjoy... Balance is very important.

by Sandy Galea

Recommended Resources

Bringing Up Girls, by James Dobson

How To Really Love Your Child, by Ross Campbell

<http://www.melindatankardreist.com>

<http://www.collectiveshout.org>

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On Helping Kids Welcome Kids

1. Teach your child (from scripture) that they have two families - the one they were born into and God's big family (our church family). Every member of our church family is important and special. And in God's family the colour of our skin or the family we grew up in is not important. What's important is our love for Jesus.
2. Talk about what it might be like to come into a new church and not know anyone.
 - How might a new child feel?
 - Who won't they know?
 - What won't they know?
3. Role play with your child about how to welcome a new child.
 - Step 1: Look them in the eye.
 - Step 2: Smile.
 - Step 3: Say, "Hi my name is... What's your name?
Would you like to come and play?"
4. Regularly ask your child, "Was there anyone new at Kids Church today?" If they can't identify new children, continue to point #5.
5. Think of ways to help your child identify children who may not feel like they belong. Stop and look around and ask:
 - Who is sitting by themselves?
 - Who looks sad?
 - Who looks lonely?
6. Invite a new family to join your family on a picnic, for an ice-cream, to come and play in a local park.

7. Praise your child when you see them making an effort with a new child, or making an effort with a child sitting by themselves during morning tea.
8. Your child may not be new, but he/she may still feel like they don't belong. Talk to your child's leaders about children in your child's group whom he/she may connect with. Get to know the parents of those children. Go back to #6 and think of ways you can connect with these families outside of Kids Church. Sometimes one picnic is all it takes for your child to feel connected to other children at church.
9. Every time your child sees you welcome someone, you teach them to have God's heart for those new to our church.
10. Be real about your fears and struggles in this area.

by Sandy Galea

Recommended Resources

Kidswise Stories

Kidswise Lessons (1 Corinthians)

Kidswise Article: 'Consumers To Contributors'

God's Very Good Idea, by Trilla Newbell

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Recommended Resources

Ages 1-2

The Beginners Bible
God Knows All About Me, Claire Page
God Made Me This Way, Hayley Down, Claire Fennell
A Time For Everything, Susie Poole
Always Near Me, Susie Poole
Whatever Is Lovely, Susie Poole
Near: Psalm 139, Sally Lloyd-Jones

Ages 3-6

The Beginners Bible
The Beginner's Gospel Story Bible, Jared Kennedy
The Christmas Promise, Alison Mitchell
The Storm That Stopped, Alison Mitchell
The One O'Clock Miracle, Alison Mitchell
Jesus And The Lions' Den, Alison Mitchell
The Garden, The Curtain And The Cross, Carl Laferton
Noah's Ark, Bethan Lycett
The Lost Sheep, Bethan Lycett
The Pearl Of Great Price, Bethan Lycett
God's Very Good Idea, Trilla Newbell
God Made All Of Me, Justin & Lindsey Holcomb
My First Story Of Jesus, Tim Dowley
Everyone A Child Should Know, C Heath-Whyte
Everything A Child Should Know, C Heath-Whyte

Ages 7-11

Thoughts To Make Your Heart Sing, Sally Lloyd-Jones
The Jesus Story Book Bible, Sally Lloyd-Jones
The Action Bible, Sergio Cariello
International Children's Bible
The Big Picture Story Bible, David Helm
Birds And The Bees By The Book, Patricia Weerakoon
The Ology, M Machowski
The Gospel Story Bible, M Machowski
This Is The Gospel, Raechel Myers, Amanda Bible Williams
Everyone A Child Should Know, C Heath-Whyte
Everything A Child Should Know, C Heath-Whyte