



Every child is different and in a different place in their journey! Please use these ideas as appropriate for you, your child and your family.

PEACE PARENTING *Prompts*

TODDLER & PRESCHOOL

God invites us to delight in the rhythm of rest. Voice gratitude and thanks for the times you get to rest. Before naps and bedtime, say "Thank you God for rest" with your child.

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Parenting is hard work with many demands. As parents, we need the Sabbath - the rest it provides, the reminder to turn our focus to God, and the time to rest in his presence. Take time to rest with your baby. As you stop and rest, express your gratitude to God for the rest you have in him.

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What are some of your favorite routines with your child(ren)? Thank God for the peace that comes from the regular rhythms established in your home.

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Make sure to have lots of (age-appropriate) touch with your children - at whatever age! Physical touch reminds your kids that they are safe and loved.

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Look at your schedule for the week. Is there something that you can let go of, giving you more space in your life and prioritizing intentional rhythms?

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Life can be full of chaos. Be sure to prioritize being filled with God's peace in order to respond to our household's needs with calm and peace. Withdraw from work and busyness everyday to find peace: mindful breathing, or 10 quick minutes of physical activity or a mental activity that brings joy.

