



GOODNESS PARENTING *Prompts*

PRETEEN & YOUNG TEEN

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While on the go, ask your preteen:
"What is something that made you laugh or smile at lately?"

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When your preteen or young teen makes a wise choice, let them know you noticed!
Celebrate with a high-five, a hug, or a note in their room.
Showing appreciation will affirm those choices and reinforce to your child
that it was worth the effort to make the wise choice.

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At the dinner table, think of someone that you can show God's goodness to.
Choose a person and something of something that would be a
blessing to them that you can do for them this week.

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At bedtime this week, build a new habit of Naming 3 Good Things.
With your child share with each other 3 ways you each saw the goodness of God.
Share simple things (a delicious lunch, running water, a comfy pillow, clean socks, etc.),
good things that happened, things you learned from the Bible,
people who helped you, spiritual blessings, etc.

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When your preteen or young teen has a hard day,
validate them and ask "Even though today was tough,
where can we still see God's goodness?"

