



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*

ELEMENTARY

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Ask your child what troubles or concerns they have. Then say, "Let's talk to God about that!" And pray together asking God to give your child peace.

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Ask your child, "What makes you feel afraid?" Remind them that God is always with them. Read or memorize John 14:27 together. Ask, "What does peace feel like?" Talk about what Jesus meant when he promised to give us peace. How can that give them comfort when they are afraid? Together, thank Jesus for his gift of peace.

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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.

