



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.

LOVE PARENTING *Prompts*

TEEN

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While we can't perfectly reflect God's ability to Relate Continually, show your teen that you want to be present and connected.

Whenever they are ready to talk, which may be an inconvenient time for you, demonstrate God's Sacrificial Love by dropping whatever you are doing to be available.

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When we pause and look at our kids in the eyes for an extended period of time, and we listen to them and speak loving and affirming words, they feel seen - like someone understands them and is listening to them in a very real way.

Before they walk out the door in the morning, pause, look at them for 30 seconds, and say, "I love you. I believe in you. And no matter what, I am for you."

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Initiate quality time with your teen without waiting for them to ask - those times may get fewer and farther apart as they strive for independence. Pay attention to what matters to them and be willing to show up in their world, doing things that they enjoy.

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At a meal this week, share with your teen about some of the consistent ways you connect with God that help your faith to grow.

This can be anything from reading the Bible to getting outside. If they are open to talking about it, ask your teen about how they connect with God, and if needed, find ways to help support those spiritual habits.

