

LOVING THE KIDS!

...in the midst of the crazy

Hey friends, the news, and our world are scary stuff right now. Here are a few tips for navigating the Covid-19 season we are in with your kids.



1 Break down the information

Ask yourself - What do you need to tell them? Be real and honest but age appropriate. Ask them what they have learned at school and follow the lead of that language. Unpack the day by day.

2 Turn the news off

Little people don't hear repeated news as a repeat, they hear it fresh every time and this can be really worrying. Pick out the positive stories in the heart aches - the Italian communities singing or Israel sending encouragement with a big sign and share that.

Be mindful of your phone conversations, social media and general discussions when children are present. Consider the environments they are in, and who is speaking to them. Help set parameters with siblings, family and other adults.

3 Get a good game face

Our feelings are also contagious so help kids be calm by choosing to be calm. Unravel in private. When you share your feelings with them do it in a calm manner.

4 Give them skills

Help them do well at what they can do - hand washing, sanitizing and the dab-sneeze to the elbow. Sometimes we can't change situations, but we can do our part to help ourselves and others. Create some great alternatives to the usual greetings.

5 Make them part of the answer

We can still show love and kindness to each other. But how do we do this if we can't touch anyone? Find small things that they can do, send letters of encouragement, facetime friends, pray for people who are not well. Model kindness and spread JOY as we check in on the elderly and vulnerable in their world.

6 Hold faith with them

This is a perfect time to bring out the memory verses and lean on scripture that stirs their faith. Speak to the worries with God's word. It is important for children to know they are safe. Pray as a family and declare God's hand on your family and loved ones, the world we are part of. Remind them that Jesus is with them and they are SAFE.

We can be still be a light: Matthew 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

God sees us: Matthew 6:31

"So then, forsake your worries! Why would you say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' 32 For that is what the unbelievers chase after. Doesn't your heavenly Father already know the things your bodies require?"

THE FUTURE IS BRIGHT!

Please feel free to contact us 09 299 9394. We are praying God's continued protection around you and your families, Ps. Jan-Marie, Sarah and Tash

