



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.

JOY PARENTING *Prompts*

TODDLER & PRESCHOOL

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This week, go for a walk with your child and take in the joys of God's creation. Together with your toddler or preschooler, thank God for the things you see in His creation that bring you joy.

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Set a joyful tone for your kid through connection. When you're engaging with your kid, stop and make eye contact with them, put down your phone or other activity, and give them a hug out of the blue. These small ways show your kid that you love them and that you're attentive to them.

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As you laugh and play together you are re-inforcing the trust they have in you. During a playtime this week, try to make each other laugh without saying any words!

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At a meal this week, ask: "Where did you see God today?"

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As your little one grows and struggles for more independence - wanting to do more things for themselves - empathize with their struggle while encouraging them to consider their struggle as joy. Say "It is hard to put on your shoes. You are a big kid and want to learn. I'm proud of you for trying!" Take time to teach your toddler a new "big kid" skill and celebrate their milestone together. Encourage them for working hard to learn their new skill.

