



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*

TEEN

*

Ask your teen what troubles or concerns they have. Then say, "Can I pray about that with you? Let's ask God to give you the blessing of peace."

*

When your teen is talkative and wanting to connect (bedtime can often be a great opportunity!), ask them "When do you feel close to God?"

And share with them, saying something like: "Lately I'm finding I connect best with God when I..."

*

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.

*

Make sure to have lots of (age-appropriate) touch with your children - at whatever age! Physical touch reminds your teens that they are safe and loved.

*

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?

*

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.

