



PEACE PARENTING *Prompts*

PRETEEN & YOUNG TEEN

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Ask your preteen/young 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."

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Make the most of your time in the car together. In a matter of a few years, your preteen or young teen may be driving themselves! Use the time to be a friend and ask good questions - like "What was the funniest thing that happened to you today?"
"What are you looking forward to this week?"

Or "What's the best thing you've watched lately? What did you like about it?"

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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.

