

Faith @ Home

The Daily 5:
Essential Relational
Moments

Shaping Faith

Big Verse:

"Repeat them again and again to your children. Talk about them when you are at home and when you are away on a journey, when you are lying down and when you are getting up again. Tie them to your hands as a reminder, and wear them on your forehead. Write them on the doorposts of your house and on your gates."

Deuteronomy 6:7-9

1. When they first wake up:

How do you greet your child when they first wake up or as they are getting ready for the day?

- Remember to say "I love you and I'm glad that you are my son/daughter!" Go beyond the routine of just "Good Morning".
- Compliment: Praise is the act of expressing approval, admiration or complimenting your child. Doing this in the morning not only helps your child start out the day feeling positive and confident, it also provides them with the reassurance that you as a parent are proud of them and love them.

2. When they leave in the morning:

How do you leave your child in the morning? If you have only one smile in you, give it to the people you love.

- Speaking "life" into your child through **"Words of Encouragement."** The word "encourage" means "to make courageous." When you speak words of encouragement you are giving your child that extra energy—extra courage—to take into the day.
- **Affection:** do you offer any kind of affection? A hug, high-five, kiss on the cheek, hand on their shoulder.

3. When they are gone for the day:

How do you connect with your child when they are gone during the day? Do you put notes in their lunch box, pocket or school bag for them to find. It is important to let your child know that you love and are thinking about them even when you are not there.

4. When they arrive home:

How do you greet your child when they arrive home? Whenever your child comes home greet them with the "big 4" affection, excitement, appreciation and empathy. This says to your child they are more important to you than anything else you might be doing when they walk in the door.

5. When they go to bed:

How do you say goodnight to your child right before they go to bed?

- **Gratitude & Appreciation:** By noticing and expressing what you value about your child you not only build their confidence but when you appreciate something you are putting extra value into it. The key is to notice and thank your child for something specific.
- **Prayer:** Should be the final words your child hears from you.

A meaningful "good night" can allow your child to fall asleep peacefully. It also reinforces the fact that you love, appreciate and care for them no matter what has happened during the day.

