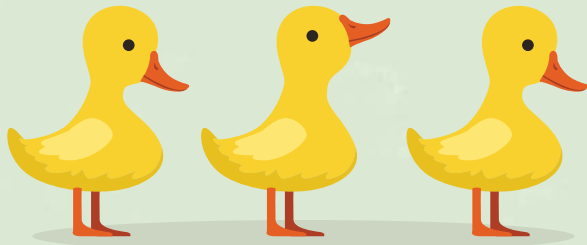


God Creates Us



Created by God

As you take a walk outside with your child, talk about some of God’s amazing creations you see. Pay special attention to any “babies,” such as baby birds, kittens, and ducklings. Discuss how the parent watches over its baby and teaches its baby to do things for itself and be safe.



I Know How to Pray the Sign of the Cross

Invite your child to show you the gestures used when praying the Sign of the Cross. Review the gestures with your child as needed. Then pray the Sign of the Cross together, emphasizing the gestures.



Thanking God for People Who Care for Me

At bedtime, talk about some of the people who teach and care for your child and help keep him or her safe. Pray together, thanking God for each person. Begin and end the prayer by praying the Sign of the Cross.

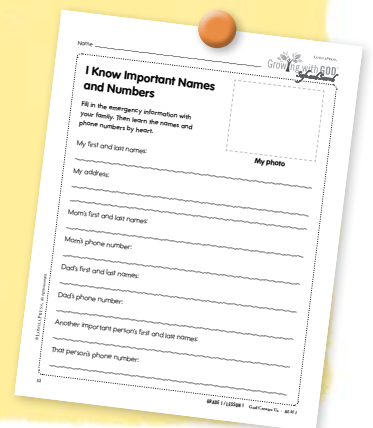


What I Have Learned to Do

Remind your child that we were all babies once. As we grow up, our parents and others who love us teach us how to do things. Talk about some of the wonderful things your child has learned to do.

Learning Important Names and Numbers

Help your child fill in the I Know Important Names and Numbers handout and put it on the refrigerator. Make a game of helping your child learn the names and numbers by heart. Then practice using a phone to dial the important numbers.



Boundaries

The Word of God

Page through your family Bible with your child and explain that the Bible is the Word of God. Tell your child that the stories in the Bible teach us how God loves and cares for us. They teach us what God calls us to do.



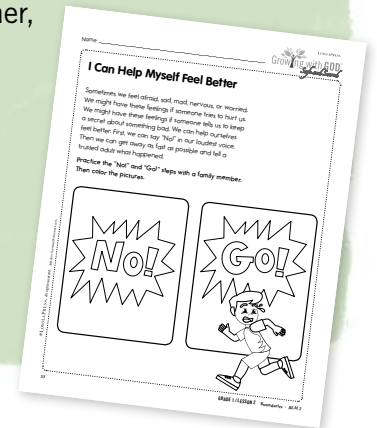
Using Specific Emotion Words to Describe Feelings

Discuss with your child how everyone has emotions and that we feel different emotions throughout the day as things happen to us. Explain that we use feeling words, such as *mad*, *happy*, *calm*, *sad*, and *afraid*, to describe our emotions. Take turns identifying the emotions you and your child felt today and the events that triggered those emotions.



Using No! and Go!

Discuss the handout with your child. Explain to your child that sometimes we may feel afraid or threatened by something someone does. That person can sometimes be a family member, family friend, teacher, coach, or babysitter. Explain that if your child ever feels uncomfortable or unsafe around someone, your child should say “No!” in a very loud voice and then quickly “Go!” away from the person and run to tell you or a trusted adult.



Dear to God

At bedtime, talk about ways we take care of our bodies (e.g., brushing our teeth, taking a bath) to show God we know we are dear to him. Then pray together the Bedtime Prayer or a prayer of your own to thank Jesus for watching over us. Begin and end the prayer by praying the Sign of the Cross.

Friendship and Bullying

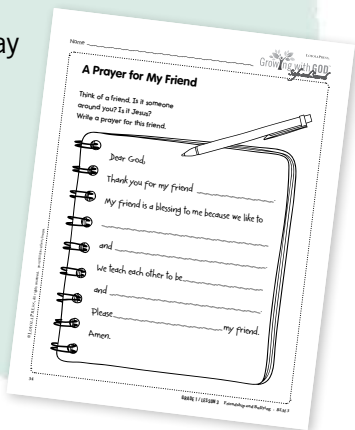
How to Be a Good Friend

Talk with your child about friendship. Discuss things your child likes doing with his or her friends and why your child likes having friends. Explain that friends like spending time together. They are kind and listen to one another. Ask your child what he or she does to be a good friend to others.



Prayer for a Friend

At bedtime, invite your child to pray aloud the prayer for a friend that he or she wrote on the handout. Then pray it aloud together. You might begin and end the prayer by praying the Sign of the Cross.



Good Friends Make Things Right

Help your child understand that friends work to make things right when there are hurt feelings. Use a conflict in a TV show or cartoon your child enjoys as an opportunity to talk about mending friendships. Talk about how to sincerely apologize and gracefully accept an apology.

Reflecting God's Light and Love

Being kind to friends is a way to reflect God's light and love. Remind your child of a time you saw him or her reflect the light of God's love on others. Ask your child to tell some ways that people share God's love with him or her.

Digital Discipleship

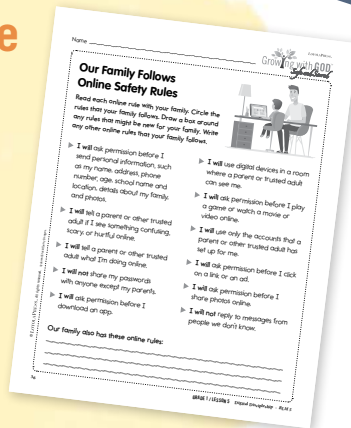
We Have Online Safety Rules Too

Talk with your child about safety rules we have at home, at school, at church, and in the community. Point out that rules help keep us safe by stopping us from doing things that could harm us or others. Explain that we have safety rules when we are online too. Discuss why it's important to follow safety rules when we are online.



Our Family Follows Online Safety Rules

You might complete the handout to identify your family's online safety rules and to add any other online rules your family has. As you identify each family rule, explain why it's important to follow that rule.



Making Good Choices with God's Guidance

Remind your child that we can always ask God to help us make good, safe choices online. Pray together to thank God for his constant guidance and to ask God to always help us make good choices that will protect us and others online. Begin and end the prayer by praying the Sign of the Cross.

Sharing God's Love Online

Tell your child that we can help others feel happy and important when we share God's love with them. Invite your child to share the digital message he or she wrote to share God's love with a friend or family member. Help your child send the message as a text or an e-mail, if appropriate. You might spend some time together thinking of additional messages you could send to friends or family to share God's love.



My Sacred Self

The Holy Family

Discuss with your child the Holy Family, the family that God created for Jesus on earth. Explain that Jesus needed a family on earth to take care of him because he was born a baby, just as we were. Discuss ways in which Mary and Joseph may have taken care of baby Jesus and helped him grow and learn.



God Creates Families

Remind your child that God created us and loves us just as we are. Look at a family photo together and share your memories of the day that is depicted. Explain that God loves your family so much that he gave you one another to care for and help one another grow and learn!



Our Family's Faith

Explain that your family relies on your faith in God to guide you in caring for one another. Remind your child that the Hail Mary is a prayer that honors Mary, the Mother of God. Pray together the Hail Mary. Begin and end the prayer by praying the Sign of the Cross.

Families Share Joyful News

Tell your child that families share joyful news with one another. Show your child his or her baptismal, birth, or adoption certificate or the earliest photo you have of your child. Talk about how you shared the joyful news of your child with other family members. Then invite your child to share the joyful family news he or she wrote about on the handout.

