

God Creates Us

We Serve God's Kingdom

By caring for themselves and for others, children can serve God's kingdom. As you and your child do a household chore together, talk about how you are serving the Kingdom of God by caring for your family. Say: ***We please God when we serve others with joy!***



God Reveals Himself to Us

God reveals himself to us in the gifts he gives us and in the people and things around us. Tell your child about a time you saw God's love reflected in another person's actions. Invite your child to share about when he or she feels especially close to God.

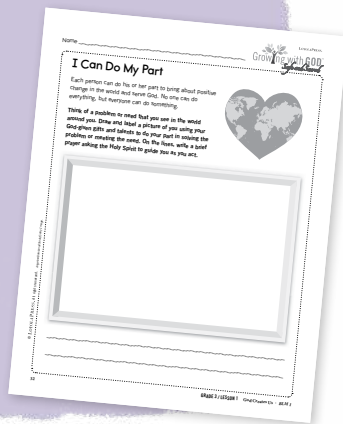
God-Given Gifts

Look at some family photos with your child. Take turns naming some gifts God has given each member of your family. Point out that when people use their gifts to serve others, they are also serving God's kingdom.



Doing Our Part

Review the I Can Do My Part handout with your child. Discuss the problem or need that your child identified for the handout and discuss his or her proposed solution. The day after your discussion, pray together the Morning Offering with this problem or need in mind.



God Takes Care of Us

Remind your child that Jesus encourages us to trust in God's love for us. The next time you and your child are outdoors, point out some of God's tiniest creatures or plants. Say: ***God loves even the smallest of his creations, so we can trust him to love and care for us too.***



Boundaries

Your Child and Personal Boundaries

Boundaries are limits to what people should do. Let your child know that you want to help him or her set positive physical and emotional boundaries. Emphasize that if another person's behavior makes your child feel unsafe, your child has the right to tell that person to stop and then let you know.

Appropriate Expressions of Care and Affection

Your child can identify some appropriate expressions of care and affection. Explain that an expression of affection, such as a hug or pat on the shoulder, may be appropriate coming from some people but not from others. Emphasize that you are always available to talk if your child is unsure about whether one of his or her boundaries has been crossed.



Trustworthy Behaviors



Observing a person's behaviors can help your child determine whether that person is trustworthy or untrustworthy. Discuss possible examples of untrustworthy behavior with your child and point out that Jesus, during his life on earth, provided good examples of trustworthy

behavior. Together, ask God in prayer for the discernment to find people who are safe and who live according to Jesus' example. After praying, point out that the adult whom your child chose for the Certificate of Appreciation handout is one example of a safe, trustworthy person.



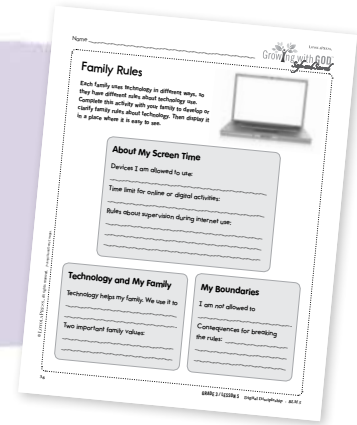
The Boundaries of Others

Explain that words or actions that seem OK to one person might be uncomfortable to someone else. Discuss examples of physical contact that might be comfortable for one person but not another. Say: **We honor other people's boundaries, just as we want them to honor ours.**

Digital Discipleship

Know Your Online Rules

It is helpful for your child to have clear guidelines about the use of technology. Use the Family Rules handout to review with your child the guidelines your family has set. Explain the consequences for breaking rules online.



How to Be Safe Online

Discuss how your family rules help your child stay safe online. Remind your child to never give out any personal information, including passwords, and to let you know immediately if he or she is contacted online by an adult or a stranger.



Online Respect

Discuss what it means to be a reflection of God's love online. Explain that bullying behavior is wrong whether it occurs face-to-face or in online spaces. Point out that God calls us to be mindful of the feelings of others, both online and offline. Together, pray aloud the Act of Love.

The Holy Spirit Guides Us

With the Holy Spirit's guidance, your child can make good online choices. Explain that the Holy Spirit is always with us and helps form our consciences. Invite your child to share a time when he or she chose to listen to his or her conscience.



Reconnect with One Another

Technology can sometimes be a distraction that leads us away from one another. Make a plan with your child to spend some time together away from screens. Consider playing a board game or planning a fun outdoor activity.

My Sacred Self

We Honor Our Bodies as Sacred Gifts of God

Because our bodies are gifts from God, we honor and care for them. During a quiet time, perhaps before bed, talk with your child about hygiene. Gently suggest good habits, such as flossing teeth or washing hair more often. Discuss how your child might incorporate these habits into his or her self-care routine.



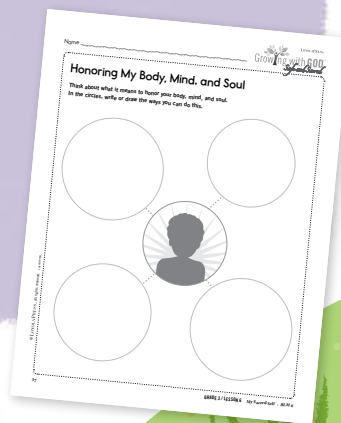
Self-Care and Serving God

While taking a walk or enjoying a snack with your child, explain that caring for our bodies is one way we show gratitude to God for the gift of our bodies. Discuss how it is easier to serve God and others when we feel physically well.



Gratitude for Our Gifts

Discuss the Honoring My Body, Mind, and Soul handout with your child. Point out that your child's body, mind, and soul are gifts from God. Together, make a gratitude list of the many wonderful things that your child's mind and body help him or her do. Invite your child to pray a prayer of thanksgiving. Conclude your prayer time by asking God to show your child how he or she can use his or her gifts to serve the Kingdom of God. Pray the Sign of the Cross together.



We Use Our Gifts for the Glory of God

Your child has received unique gifts from God. Praise your child for how you have noticed him or her using those gifts to do God's work—for example, doing chores with a positive attitude or helping a younger sibling with a task. Encourage your child to be grateful for the many gifts he or she has been given.

