

FAMILY TIME (4+)

Happy 4th birthday to your child! We are excited to continue partnering with you as your child grows in their own Faith Path. We want to give you resources on a special practice to start working on with your child, family time.



WHAT: When your child reaches about four years old, it is a great time to establish a pattern of including fun family times in your schedule to foster communication, laughter and faith formation

WHY: It is important to have a consistent routine of creating intentional moments that will help your family deepen relationships and have faith discussions. Regularly scheduled family time activities are a great way to make that happen.

WHEN: For some families this might be a particular night of the week after dinner. For another family it might be after Saturday morning breakfast. Decide what works for your unique schedule and then protect that time. You might need to say “no” to some good things to make family times a priority. We suggest scheduling a family time experience weekly, but no less than twice per month. Setting and keeping a regular schedule will show commitment and value to all involved.

THE PLAN: Plan for success by finding resources to help make your family times a great experience. We have attached several recommended resources on the back of this guide to help you get started. As your child gets older, ask them if there are specific topics they would like to make a part of your time together and let them help plan your activities. Don’t forget that the Bible is the most important resource God has given us to instill truth in the hearts and minds of our children.

THE FUN: Children are more likely to embrace your beliefs and values if they enjoy time with you. That’s why family fun times are a great context for effective faith formation. Be creative by acting out scripture together, doing crafts or object lessons that reinforce spiritual themes. Avoid becoming overly serious, rigid or stressed while leading family times. It’s okay for kids to be silly and it’s important to fill your home with laughter.

NAVIGATING YOUR CHILD’S JOURNEY IS SUCH AN EXCITING TIME, WE ARE THANKFUL TO PARTNER IN THIS OPPORTUNITY WITH YOU AND YOUR FAMILY.

GETTING STARTED

- Discuss a movie that is age appropriate for your child. Make some popcorn and watch the film together. Afterwards have a “faith talk” about the choices of characters and other aspects of the story that catch your attention. Check out movienightchat.com.
- Share with your child something that God has been or is teaching you.
- Cook a meal together and use the time for sharing and talking.
- Take time to ask each member of the family to share his or her “high” and “low” of the day.
- Go on a family walk and spend the time praying for each other, the neighbors or others.
- Capture family prayer requests using a prayer chart or on a refrigerator white board
- Create impromptu “God-moments” by taking advantage of unplanned and unscheduled opportunities to discuss your faith in the daily routine of life.

Recommended Resources

Just Add Family by Kurt and Olivia Bruner
Big Book of Questions and Answers series by Sinclair B. Ferguson
Fun Filled Parenting by Silvana Clark
Our 24 Family Ways by Clay Clarkson