

Bedtime Bummer...?

Many children enjoy family time in the evening and don't want to go to bed. By developing a nightly bed time ritual they can see that bedtime is not so bad!

While it is easy for parents to become distracted, being consistent with the six steps below will make all the difference in a smooth shift to bedtime. Your kids will be counting on it!



- 1) Teeth: brush them from the time the first tooth comes in!
- 2) Bath time: never leave a baby alone in the tub!
- 3) PJ's and nightgowns: sleepwear worn just for bed helps make bedtime special.
- 4) Prayers: teach your child to speak, then listen, since prayer is a conversation.
- 5) Hug: nothing says, 'I love you!' like a big hug!
- 6) Story: children's Bible stories and ones with a good moral help kids see what God is revealing.

Story anyone?

- ⇒ We love to hear stories told by someone who can make us feel like we were there! We laugh, we cry, but we want to hear these stories again and again.
- ⇒ The Bible is a book about the Family of God. The Old Testament stories never grow old because God is a great story teller!



⇒ In the New Testament, Jesus tells stories showing us how God wants us to live. Jesus' words are truly present in the Bible!

Whether you tell family stories, read to your child or with your child, stories bring families together. Be sure to remind your family how much you love them by making story-time important in your house!

Savory Saying ...

"All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness ..." (2 Timothy 3:16)



Come to the Table!

*Catholics & their friends
having conversations about faith*

Tidbits from the Table

Helping busy parents have sacred moments with their children

How God is Revealed

Begin each day with a simple prayer ...

Oh, Jesus, please show our family:

- *Faith in You
- *Trust in each other
- *Love for all the world
- *Joy each day

Amen.



Tidbits to share ...

- ◆ Children ask many questions; the answers are not always simple! But we can give better answers, revealing levels of meaning and understanding, by working patiently with our children. We show that we are parents who care!
- ◆ God speaks to us in a similar way. We can grow in spirituality, and help our children, as we come to know Jesus better. When we learn about the Bible and what the Church truly teaches, God patiently reveals how to become a more complete and loving family, reaching out to others! God really cares!



Sum it Up ...

- ⇒ Scripture is the Bible, the words of God written down so we won't forget them!
- ⇒ Tradition is the action in the Church from Jesus to the apostles, to us!
- SCRIPTURE + TRADITION = Two holy ways God reveals himself to us!
- ⇒ God loves us so much God sent Jesus to save us! God's saving work is shown most perfectly in the life of Jesus! We learn from Jesus how to love God and others!

Reveal your love for each other by :

- Looking at each other when you speak; the words will have greater meaning
- Hugging each other to say I love you; you will both believe it more fully
- Praising your child for being clean and neat; they will have greater self esteem
- Praying together as a family; God's grace will grow in you

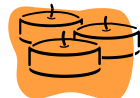
Hunting for the Truth ...

- ◇ When children hunt for eggs at Easter time, they get a real joy in finding the eggs! They search, they find, they giggle with delight.
- ◇ God's revelation is similar. We search for the riches of God's message and are delighted when we find the Truth!
- ◇ Include your child in praying and asking God to reveal the truth to your family. God is not hiding from you – but the answer may be hidden!
- ◇ Show confidence in God by praying aloud that you know God is hearing your prayer. Then listen for the answer. Your family will be glad you did!



And God said ...

Love the poor and try to care for those in need! We should help our children develop compassion for others and learn to give from their hearts all through the year, not just for a special occasion!



Try This ...

Label a container "For the Poor" and keep it in a convenient location at home. Whenever someone in the house finds a coin, put it in the container, then put the money in the poor box at church, or use it to light a candle for the poor .

Hello, who's calling please?

Wouldn't it be really cool if God would call us on the phone and tell us what to do or what was best? Sadly, God doesn't do that, but God speaks to us in many other ways like through our loved ones, prayer and nature.



- ◇ Sit with your child outside for five minutes and listen to the sounds of your neighborhood or park. Discuss what you heard. Then try it again and see if you hear something else.
- ◇ Talk with your child about the many sounds God revealed to you in the quiet. What does your child think God was trying to communicate?
- ◇ Use this game to show your child that God speaks even if we don't hear God.

Honesty is the best policy ...

- ⇒ We want our kids to tell the truth! It's hard to understand when they lie to us, even if it is to protect themselves, or to keep from hurting a parent or loved one...
- ⇒ Kind instruction from parents help children to know that the truth, no matter how bad, is better than a lie. Children need to be told that lying is wrong and makes a parent sad, but that parents will love them *no matter what!*
- ⇒ It is important to tell the truth to everyone, even God! Teach your children to pray and tell God everything in their hearts. God wants us to be completely honest because God loves us *no matter what!*
- ⇒ Another way to show God your love is by praying the Our Father as a family!



Words and Action Figures ...

When parents use kind words, loving actions follow. The family becomes stronger.

Teach your children that God speaks to us through our family and part of listening to God is obeying you, their parent. Doing little tasks like:

- *chores *homework *telling the truth *setting the table for dinner
- or other simple actions, children can show their love for you and God each day!



Using words like 'please' and 'thank you' help your child know you love them.