

CELEBRATE

Our family can celebrate the ways our child has grown in these ways:

<u>Physical</u>	<u>Spiritual</u>	<u>Emotional</u>
<ul style="list-style-type: none">● No more naps● Being potty trained● Riding a bike/trike● Getting dressed independently● Losing teeth● Learning to swim● Playing on a team● Doing household work/chores	<ul style="list-style-type: none">● Learning rote prayers● Memorizing Bible verses● Developing faith routines● Praying for others● Serving others● Asks questions about God	<ul style="list-style-type: none">● Having fewer tantrums/meltdowns● Ability to name emotions● Ability to share toys● Developing empathy● Increased self-control● Developing friendships

LEAN IN

Valuable moments to be intentional about this summer:

Physical	Spiritual	Emotional
<ul style="list-style-type: none">● Play games● Explore nature● Learn a new skill● Enjoy unstructured time	<ul style="list-style-type: none">● Go to church● Worship with music● Memorize Bible verses● Tell your child how you experience God● Serve others	<ul style="list-style-type: none">● Maintain friendships from school● Go on a date with your child● Healthy sibling relationships● Express via art/music

PREPARE

Our family can work toward the next phase in these areas:

Physical	Spiritual	Emotional
<ul style="list-style-type: none">● Enjoy more physical activity● Be more independent● More responsibility with chores● Talk about expected body changes	<ul style="list-style-type: none">● Create spiritual rhythms/routines● Talk about spiritual questions● Share your faith story with others	<ul style="list-style-type: none">● Build self-confidence● Increase emotional vocabulary● Develop greater self-control● Regulate highs and lows