

Teach These Children

Fivefold enrichment



Difficult Conversations

Fight or flight instincts will oftentimes dictate how children will respond in difficult or uncomfortable conversations. If we are to raise grounded children it is necessary for us to help them to identify these instances. Moreover, how do we teach children the right way disagree and speak up for themselves with confidence and composure?

Activity

Include your children in regular conversations about your beliefs. Share a current event or a sermon that really resounds with your families values. Explain why. Your children must know what you and your family stand for. If your child knows what they believe, then they will recognize when people present contrary information as “truth”. The ability to recognize this is a key skill, as it provides clarity and leads to discernment. This becomes especially powerful for a child when they realize they don’t need to agree with everything another adult says because their parents have taught them “truth”. Teach them how to identify fact vs. opinion so they know when they can make simple statements with confidence like, “that’s not what my family believes”, or “I’d like to excuse myself from this conversation.”

TIPS

Go through some scenarios with your child so they can practice recognizing untruths and practice their responses.



Child’s belief about self...

I am grounded

Family supports development of...

Wellness

Focus area:

Social, emotional & spiritual development.

GOAL

Help your child develop discernment by differentiating fact vs. opinion.

LEVEL

1