

PARENTING IN 5: STRUCTURE

“We plan the way we want to live, but only God makes us able to live it.”

Proverbs 16:9 MSG

What does this mean?

- having a plan is a good idea
- keep in mind there are things we cannot plan or control
- ultimately, we trust God with our plans and the stuff beyond our control

How do we do it?

- regular routines help with the everyday stuff:
 - your morning plan might include making the bed, getting dressed, breakfast and snuggles before school
 - for those at home all day, consider planning breaks into the day for movement and relaxation
 - bedtime routines help people of all ages to disconnect from the day and rest well
- encourage input from every member of the family when planning meals, outings, and even vacations...even if today's meal or activity is not their choice, you can remind them their turn is coming
- plan for the unexpected: help your children navigate difficult situations by talking about what *might* happen, including specific fears, and preparing them with tools or words to use
 - “if grandma does not have a nightlight and you get scared, you can sing this song”
 - “when we go to the store, please keep your hand on the cart and that will help you stay near me and away from danger”
 - “meeting new school friends online is different, let's plan some virtual fun time too”



Top Tip:

plans will probably change, but they are still a good way to put some order into this disorienting season

Here to help!

- plan some time for your kids to engage with others through DV Kids online with new content every weekend and Wednesday: <https://www.desertvineyard.org/kids>