



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, **faithfulness, gentleness, self-control**; against such things there is no law.

Galatians 5:22-23



Cultivating the right kind of FRUIT in our kids!

- *Modeling* what you want to teach
- Faithfulness - Keeping our word
- Gentleness - a compassionate approach toward others' weaknesses and limitations
- Self-control - Stop & think before acting!
- One-on-one time with your child from birth to teen!



Making Friends at Church, School or in the Community

- Model conversation skills with your child
 - Practice listening & ask questions
 - Encourage eye contact & greeting
 - Show genuine interest in them
 - What are your interests? - - can your child participate? • Help them reach out to their peers
 - Set up play dates with like minded families
 - 'Neutral' ground
 - Know the family & home if your child is visiting - - better yet, have everyone over to your house! 😊



Love spelled "T-I-M-E" ... Including your kids in your 'world' •

Activities that require teamwork: baking, blocks, puzzles, store, park play, etc.

- Journal together - - writing & pictures
- <https://www.themerrymomma.com/2020/08/30-mommy-me-activities/>

- Mommy & Me YOGA:
 - <https://www.youtube.com/watch?v=Dso-hRxRdKU> ○ https://www.youtube.com/watch?v=lu8pP_wLMpA
- Don't minimize the value of volunteering ... including children in your activities
 - Volunteering at church/school/community
 - Local pet shop
 - Visiting family/friends who are 'shut-ins' or convalescing.