



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!

Questions & Action Steps

- Patience - What are situations when you find it hard to be patient? List ways you can display patience.
- Kindness - When is it hard to be kind? How do you feel when someone is kind to you? Make a card to encourage a friend or family member.
- Goodness - a characteristic of God - how does He show His goodness to us? Kindness is defined as an outward expression of goodness, the practical ways in which we love others.



Work/life rhythm - balancing act - what is a rhythm you can implement?

- “What am I feeling?” ... using the ‘faces’ to help your child identify their feelings
- Take 15 - - what were my highs & lows?
- Use language that doesn’t accuse, vocabulary counts.
- Sleep Hints & Ideas! <https://www.focusonthefamily.com/parenting/how-to-get-your-baby-to-sleep-well/>
- Combatting post-partum blues ... <https://www.focusonthefamily.com/parenting/bible-verses-for-depression-a-parents-guide/>
- Emotionally overwhelmed child may act out -
 - o not the moment to lecture even in their disobedience.
 - o Hold them until they are calm, distract them with something else in the room or outside, maybe a pet.



How does your child think they’re smart? Pay attention ...

- What do they talk about?
- What gets them into trouble? Word smart - talking in class? Picture smart - painting everywhere? :-)
- Are they quiet/reflective? Logic smart
- What do they do in spare time? Reading, art, outdoor play, etc.
- What do they want to do with extra money?
- Where do they excel?