

M O D U L E

03

PARENTING
&
FAMILY LIFE

Life Skills & Employment Success

Module 3 - Parenting & Family Life

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MODULE 3

PARENTING & FAMILY LIFE

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Module 3
Section 1

BEING A PARENT

One of the most important jobs in
the world!

IN THIS SECTION YOU WILL:

Learn the differences between
discipline and punishment.

Find ways to be interactive and
intentional in your parenting.

Recognize how to effectively use
boundaries.

Discover the importance of your role
as a parent and how you can honor
that assignment.

Be encouraged not to disqualify
yourself as a parent.

BEING A PARENT

Parenting is a powerful and active word.

Parenting is a very important word. There is no other word like it. Parenting is both a noun and a verb. Parents do parent, and it is powerful and active. As parents, we have to understand that nobody else can do it for us. Some people think that it takes a village to raise a child, but what it really takes is responsible, interactive, and intentional parents. We live in a time where it is more important than ever for parents to be empowered and know why they are doing it. Sometimes, because parenting is challenging and we feel unsure, we want to let the experts take care of it. These experts could be the principal at school, a teacher, or someone we look up to. It is okay to have other people help, but there is no replacement for you in your child's life. No matter how smart a teacher or principal is, you are the ones your children have been given to. It is very important that we don't put the responsibility of behavior and discipline on someone else's shoulders. It is not their job, it is yours.

Children are not meant to parent themselves.

It is also not your children's responsibility to parent themselves. That's why they need parents, to guide them on this

Earth. So, it is super important that we take our role as parents seriously and not give it up to other people or to our children themselves. We need to be the parents. We need to be the ones. This is becoming increasingly true.



Distracting kids with screen-time is not teaching them self-control.

Years ago, parents didn't have small devices that they could use to keep children quiet when they went out or needed them to be calm. They had to parent in the traditional way by keeping them occupied and teaching them how to sit still and be quiet. Some of these skills are being lost as we rely on entertainment to keep our children under control. But it's not really self-control, it's just distracting them from what they actually need to do. It's okay to occasionally use media to distract young children, but it should be a rare occurrence. When we sit down to have a meal, it's important for them to be

part of the family, even if they are restless or loud. Instead of wanting them to be distracted or put aside, we should let them be involved and be okay with parenting through the interruptions.

Parent with intention and not with fear and control.

One of our main concerns is fear and control. We don't want to parent out of fear or use fear-based techniques. We also don't want to control our children or make them be like us. Our aim is to give our kids the freedom to be themselves and to fully participate in society with purpose. But in order to do that, we have to be intentional in our parenting. Parenting is the right word, not scaring them or controlling them. There's a difference. We have to be very deliberate because the world wants to influence our children, whether we like it or not. This is a great opportunity for us as parents to be the most important influencers in their lives. That's our role.



Be an interactive parent.

We need to be very interactive. There is a term called helicopter parenting that is used to shame parents for being too controlling or involved with their children. However, the word "parent" actually means to hover over your children and watch over them. That is our role as parents, and we should never apologize for it. I always want to start teaching by saying it's okay for parents to be powerful and the most important influencers in their children's lives. As parents, we are walking with our children throughout life, and we need to understand something called discipline. Discipline is an important word, and its root is the word "disciple" that we know from the Bible. Jesus had disciples. To disciple someone means to help them grow and mature. When we implement discipline, it is for their growth, maturity, and improvement.

Discipline vs. punishment.

Let's talk about the difference between punishment and discipline. Punishment is when someone does something wrong, and they get in trouble for it. It's done to keep society safe. Discipline is different. It's about helping the person who did something wrong to learn from their mistake and become a better person. It's about making things right and finding peace. When we talk about parenting, we always want to focus on discipline instead of punishment. It's not

about taking care of the person who was hurt (the offended), it's about helping the person who did wrong (the offender), to change their ways, say they are sorry, and be forgiven. These things are really important. Remember that punishment and discipline are very different.

Don't miss opportunities to help your children grow.

As parents, we should expect that our children will need guidance and support. It may not be as much of an interruption as society makes it seem. When our 10-year-old gets angry and starts talking back or being disrespectful, instead of just getting mad and wanting it to stop quickly, we can see it as a chance to understand what's really going on in their heart. These moments are like special opportunities for a parent to see a glimpse of what your child is feeling and help them grow and learn from it. So, whether it's a 2-year-old having a tantrum in the grocery store, which can be embarrassing, it's also a chance for us to step in and be a parent. Sometimes it feels like these opportunities never end, but, if you keep taking them and helping your child grow, you'll need to parent them less because they will mature. If we miss these opportunities when they're 2, 3, or 4 years old and just distract them or give them candy, we're actually delaying the growth until they're 12, 13,

or 14. And the problems get bigger. It's better to parent them when they're little. Take these chances so that when they get older, you already have a good relationship with them and have already dealt with the issues of the younger years. So, when they become 12, 13, or 14, you won't be dealing with tantrums anymore. You'll be dealing with things that are more typical for a 12, 13, or 14-year-old.



Changing hearts by setting boundaries.

We can always control behavior, that's easy to do, but what we really want is to change their hearts. We want to raise our kids to be good-hearted people, right? That's every parent's dream. It's not just about behavior, even though behavior can bother us and distract us. What we're really focused on is changing their hearts. And we do that by setting boundaries. We've heard about boundaries before, but they are really important. Boundaries aren't meant to restrict or imprison our children. We set boundaries because we love them, and

being inside a boundary is actually where they can live in freedom. When we have boundaries set by our parents, it allows us to live freely because we know what to expect. Sometimes, children will try to cross these boundaries to test if they are real. They do this because they feel safe and secure within the boundaries. Just like when we hold onto a railing and know it's strong, we feel freer. Boundaries are important because they provide security and freedom for children. The world might say that we shouldn't set boundaries for our children and let them figure things out on their own. But the truth is, children need parents to set boundaries for them. It's our job as parents to provide loving boundaries, even though they may look different in every home. As long as we are consistent and unified in setting boundaries, it helps our children feel secure and free.



Boundaries expand and tighten.

As children grow older, their boundaries will expand naturally. The boundaries

for a two-year-old will be smaller than those for a 12-year-old, and the boundaries for a 12-year-old will be smaller than those for an 18-year-old. If your child is having trouble navigating within the boundaries you've set, it may be time to make the boundaries tighter. For example, if they are struggling with using cell phones and computers, you can limit their access to these things. Once they are able to navigate within a smaller area successfully, you can gradually expand the boundaries and see how they handle it. It's important to guide your children and consistently discipline them when they cross the boundaries. Knowing that children will try to cross the boundaries helps us understand their behavior.

When kids test the boundaries, we need to stay calm and firm. They might ask, "Can I talk rudely to Mom?" We have to respond with a consequence and show them that we mean what we say. It's normal for kids to push the limits because they're curious. We just have to handle it and be prepared for when it happens. Discipline is never convenient, but we have to be consistent. If we keep changing the rules or if Mom is soft while Dad is strict, it confuses the kids. We need to be united and consistent in our parenting. Sometimes parents say, "Our kids don't listen to us. They rebel and ignore us." But if we're always there when they cross the line, they'll know how much we love and protect them. It's not easy, but it's really important.

When you parents don't follow through...

Sometimes, as moms and dads, we feel frustrated when our kids cross the boundary multiple times and we're too busy to deal with it. We start to get irritated with them. We usually don't get irritated the first time they cross the boundary, and we step in as a parent, but if they keep ignoring us and we keep giving them warnings, then we get mad. It's like our kids get away with it and we have to take a break because we don't want to parent them when we're angry.



Usually, it's our fault because we didn't handle it the first time it happened. We let them keep pushing the boundary until we got upset. If you notice this happening in your relationship with your children, try to analyze it next time. Did they cross the line and you ignored it? Do you need to learn some new things in parenting and mean it the first time you say it? When you start addressing things right away, you'll find it easier to navigate your side of the relationship.

Discipline isn't only about setting rules, it's also about noticing good attitudes.

When it comes to habits, we think that being a good parent is very important. Discipline is not just about setting rules. It's also about having a good attitude. Sometimes our kids do the right thing, like being kind to their sibling or listening to mom right away. These are great moments for us to notice and appreciate. For example, "I saw that even though your sibling was mean to you, you didn't react. We want you to know that we noticed and we're grateful". These words can really make a difference. It's easy to see when something bad happens and they break the rules. It's harder to see when something good happens, but we need to acknowledge it. We think it's important to have a balance. Sometimes they need consequences for breaking the rules, but we also want to recognize when they have a good attitude. It's a great opportunity for parents and it's just as important as anything else in their lives..

Kids can learn from your mistakes.

Sometimes parents think it's fine that their kids make the same mistakes they made as children. They might say, "Oh, I made this mistake when I was a kid, so they can learn from it too." But kids don't have to make the same mistakes we did. We can learn from our own mistakes and teach our children to avoid

them. None of us are perfect parents or have lived perfect lives, but we can guide our children, so they don't have to go down the same wrong path. We can share the consequences we faced because of our mistakes and help them make better choices. We don't have to let shame hold us back from talking to our kids about areas where we failed. Moms and dads don't have to live with shame. You can be forgiven and speak life into your children by showing them a better way.

Honoring the assignment.

Let's talk about something called "honoring the assignment." Being a parent is very important for our homes, families, and the world. We shouldn't say bad things about our kids, our marriages, or our families. It makes everything feel different and negative. Amy (who is teaching this section with her husband, John) is really good at this. They have eight children. When their kids were little, they would go to a store like Walmart, or a grocery store and the line of kids would go up to the counter. The cashier would usually say something like, "Are all these children yours?" And most of the time, they would say something negative like, "I can't imagine having so many children. I only have one or two." Amy would never let that go. She would always say that all of her children are blessings and that she enjoys each one of them. She would say it in front of her kids. She never let anyone say bad things about their family. Being a parent is important. It can

be hard and scary sometimes. But it's the most important job we'll ever have, so we need to honor it.

It's never too late.

It's important to know that it's never too late to be a good parent. We all make mistakes, but we can always make things better. Being a parent is a lifelong role that can always be improved. If you feel like you've messed up or things are too difficult, remember that it's never too late to change. You can start doing things differently and it's okay to ask for forgiveness. Kids are forgiving and it's important to apologize when we make mistakes. Don't wait to admit your mistakes and try to make things right. Also, don't doubt yourself as a parent. You have everything you need to be a good parent. It's not always easy, but you are capable of accomplishing what you need to do. Remember that your kids rely on you, and they need your guidance. If you need help, don't hesitate to ask for it. It's important to find someone to talk to if you're struggling with certain issues.

Then you can be a good role model for your children in a healthy and complete way. There are many helpful resources in our community. The local churches also have their own special programs and services. If you want more information, you can visit John and Amy's website at gofam.org. They are here to assist you in any way they can. They want to support and inspire you as parents, because it is one of the most important responsibilities in the world.

NOTES

DISCUSSION QUESTIONS

1

How do you think setting boundaries can help your child feel safe and secure?

2

Why do you think it's important for parents to be consistent and loving when guiding their children?

3

How do you think admitting a mistake and saying sorry can make a difference in your relationship with your children?

4

Think about a time when you felt doubtful as a parent. How did you overcome those doubts and what did you learn from that experience?

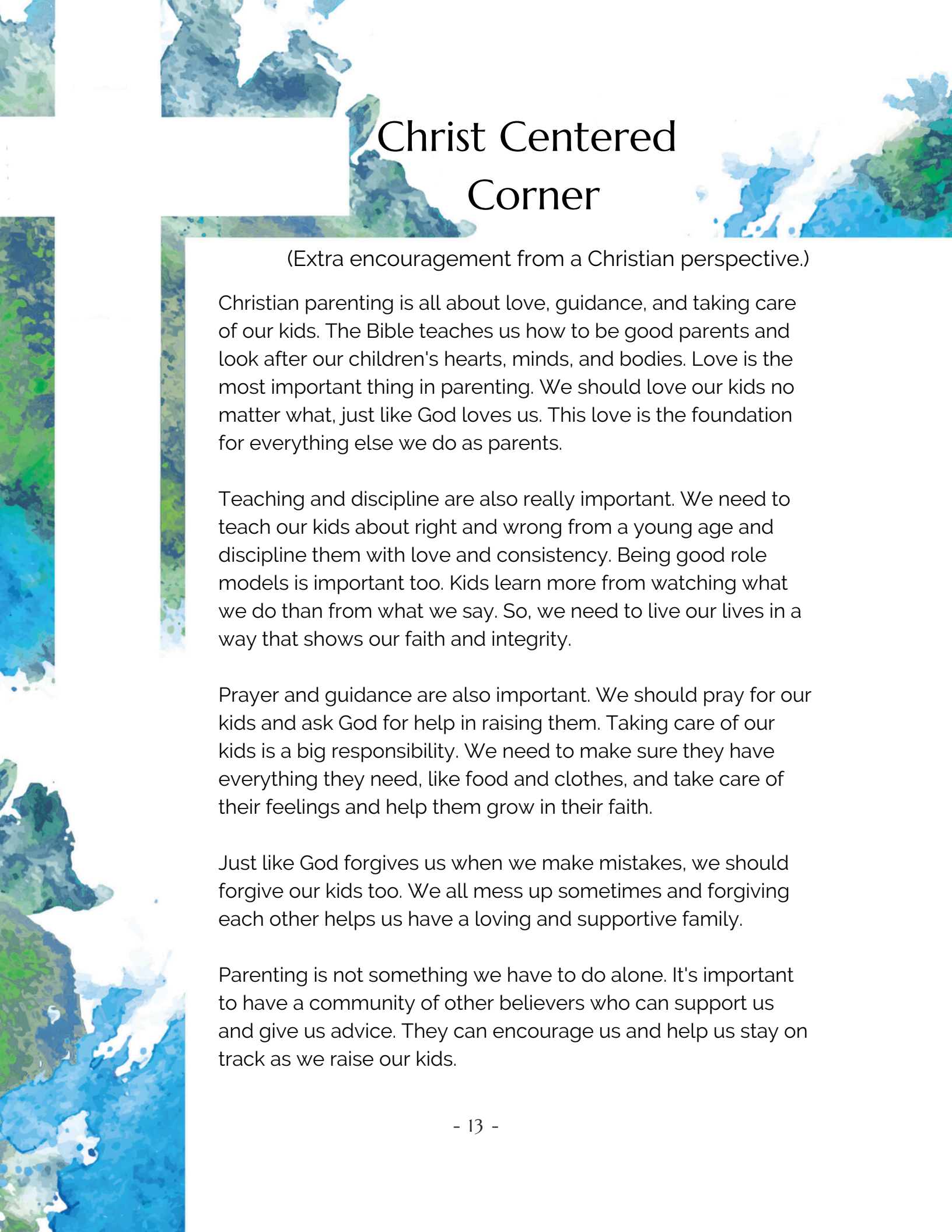
5

Reflect on the importance of being a good role model for your children. What are some qualities or behaviors you want to instill in them?

6

How do you think addressing it right away when your child crosses a boundary will help you?

Do you think you would feel less angry at your children?



Christ Centered Corner

(Extra encouragement from a Christian perspective.)

Christian parenting is all about love, guidance, and taking care of our kids. The Bible teaches us how to be good parents and look after our children's hearts, minds, and bodies. Love is the most important thing in parenting. We should love our kids no matter what, just like God loves us. This love is the foundation for everything else we do as parents.

Teaching and discipline are also really important. We need to teach our kids about right and wrong from a young age and discipline them with love and consistency. Being good role models is important too. Kids learn more from watching what we do than from what we say. So, we need to live our lives in a way that shows our faith and integrity.

Prayer and guidance are also important. We should pray for our kids and ask God for help in raising them. Taking care of our kids is a big responsibility. We need to make sure they have everything they need, like food and clothes, and take care of their feelings and help them grow in their faith.

Just like God forgives us when we make mistakes, we should forgive our kids too. We all mess up sometimes and forgiving each other helps us have a loving and supportive family.

Parenting is not something we have to do alone. It's important to have a community of other believers who can support us and give us advice. They can encourage us and help us stay on track as we raise our kids.

Module 3
Section 2

FAMILY LIFE

Families are the foundation of
society.

IN THIS SECTION YOU WILL:

Discover how important family is to the world.

Recognize the value in building strong family relationships.

Find ways to spend more time with your family and make them a priority.

Learn the difference between what is common versus normal family life.

FAMILY LIFE

Family is important to this world

What we are seeing in our culture today is the re-defining of what family means. The word "family" is being diluted or water-downed and thought of as not as important anymore. That's not true. It's really important to think about the power of family and how important it is in the world.



Primary relationships

The most important relationships are the ones within a family. This includes husbands and wives, parents and children, and brothers and sisters. These relationships hold society together. When families are strong, the culture is strong too. Husbands and wives are the most important relationships, so we need to focus on them first. We should prioritize these relationships over other friends, other family members, or our jobs.



Gearing our hearts toward children

We need to focus on our children. How we spend our time is important, and our children need our attention. Sometimes we think we don't have enough time, but that's not true. Society makes us think we don't have enough time. We can get so busy that we miss opportunities to build strong relationships with our children. It's important to make sure we have extra time for them. Take a break from doing other things and help our children learn about relationships and the world around them.

As parents, we need to make space for our children to be children. It might be inconvenient sometimes, but that's okay. We should expect that. Also, our children enjoy spending time with us. When we spend time with them when

they're 2, 3, or 4 years old, they will still want to spend time with us when they're 13, 14, or 15 years old. It's because we've made it a part of our family. It doesn't really matter what we do together, it just matters that we spend quality time together. There's a saying that love is spelled T-I-M-E, and it's true. Kids will connect with parents who have time for them.



Prioritizing Time

Spending time together as a family is really important. Some studies have shown that not many families eat meals together anymore. But when families do eat together, it helps kids feel less stressed and it helps build stronger relationships. It even makes a difference in how they feel mentally. It's not about what you eat, but about being together in a welcoming space. You don't have to wait for everything to be perfect. Other studies have shown that social media, cell phones, and computers can make it harder for families to connect. So, it's a good idea to have times when phones aren't allowed.



Play

It's important to have fun and do things together as a family. You can do activities that are available to you and make them enjoyable. You can play games, laugh, and even roughhouse in the backyard. It's all about creating family memories. You can even make work a part of your time together, so you have more time to play.

Protecting Children

The world can be a difficult place for children, and sometimes their minds aren't ready for everything they see and hear. The part of our brain that helps us make decisions and understand consequences doesn't fully develop until we're older, around age 25 for boys and men. That means children and teens have to deal with things that they might not be ready for, like adult issues and social media. They might see things about dating, physical intimacy, and sexuality before they're mature enough to handle it. As parents, we can protect our children from these things. Some conversations should be kept private and only for adults. We need to keep our children safe from dangerous things like parties, drugs, and alcohol.

Be Involved

One of the best things moms and dads can do is be involved in their children's lives. This doesn't mean being too controlling or always watching over them. It means knowing what your kids are doing, who their friends are, and what they're spending their time on. It's important to know what they're doing on their phones and computers, and what websites they're visiting. These are questions we should ask as parents. When we're involved in our children's lives, we're showing them love and doing our job well.



Covenant Eyes is a helpful tool for blocking inappropriate websites on computers and phones. It's important for parents, to be the ones to answer our kids' questions about sensitive topics like pornography. We don't want them to find harmful information online. Instead, we want to provide them with accurate and healthy information about sexuality and what it means to grow up as boys and girls. Let's take a proactive approach and not make these conversations awkward. Talking about sex is a natural and beautiful thing, and it's okay to discuss it in a healthy way.

Model healthy family

It's important for us to model what a healthy family looks like. Families can have different structures, like single parents or blended families, and sometimes things can get complicated. But what kids really need are healthy relationships. So, let's make an effort to have strong and positive relationships, and let's also spend time with other healthy families so our kids can see and understand what a healthy family looks like.

Communication

Communication is key. Many families make the mistake of not talking enough and not understanding each other's feelings and intentions. Family is all about relationships and being able to talk with one another is crucial. We can have meaningful conversations anywhere - in the kitchen, in the car, or even around a bonfire. Let's listen to each other's hearts and make communication a priority. Couples should especially make time to talk, have date nights, and find quiet moments to share with each other. This is the best thing we can do for our family.



Common verses normal

Sometimes, things that are common in society may seem normal, but that doesn't mean they are healthy or right. There are certain things about family relationships that should never change. We should protect and continue to promote healthy dynamics within our families. For example, sibling relationships do not need to be contentious or competitive. Parents should not speak rudely to each other. The stereotypes we see on social media and television, like dads being portrayed as bumbling figures or moms being overbearing, are not normal or healthy.



Sibling relationships are important for children's development. No one is more like you than your sibling, with similar genetics, values, and upbringing. We should nurture these relationships for long-term well-being.

Parents should appreciate every stage of their child's development. The "terrible twos" can actually be a chance to understand and support a child's

emotions as they grow. The teenage years also present an opportunity to help teens become responsible adults. Instead of ignoring or dismissing their behavior as normal, we should see it as a chance to guide them through different stages of maturity.

Healthy Family

Having a healthy family is becoming less common, but it doesn't have to be that way. We can focus on creating a healthy family environment. Once we have strong and happy families, the culture will take care of itself. We don't have to accept common problems as normal. Set boundaries and strive for healthy relationships between parents and children. If we encounter challenges, we can seek help from outside sources to support our family.

It's important to express love to our loved ones. Learn to feel comfortable saying "I love you" to our spouse, children, and siblings. Don't leave things unsaid. Children can never hear too often that they are loved. Spouses also need to hear that they are loved. We all need to feel loved.



NOTES

DISCUSSION QUESTIONS

1

How does spending time with your family make you feel?

2

What are some ways you can show love to your family members?

3

Why do you think it's important to eat meals together as a family?

4

What are some activities you enjoy doing with your family?

5

How do you think communication can strengthen family relationships?

6

Why is it important to set boundaries within a family?

FAMILY FUN IDEAS

OUTDOOR PLAY

- Hold backyard races
- Do a fitness challenge
- Play freeze tag
- Make an outdoor obstacle course
- Go on a nature scavenger hunt
- Plant a tree
- Plan a picnic
- Birdwatch
- Play with mud
- Plant a flower or vegetable garden
- Backyard camping
- Go for a walk or bike ride
- Play cornhole or other games

WHAT'S COOKIN'?

- Play chef for a meal
- Make homemade pizza
- Bake bread together
- Bake something sweet
- Plan a fancy family dinner
- Host a barbeque
- Make homemade popsicles
- Make dog treats
- Make homemade ice cream
- Try new recipes for veggies
- Have a family cook-off contest
- Make flavored popcorn
- Make up a new sandwich

CRAFT TIME

- Make slime
- Build a birdhouse
- Make a family scrapbook
- Build a fairy garden
- Make handmade jewelry
- Design a family motto or emblem
- Make a fort
- Make musical instruments
- Decorate pots for plants
- Paint pictures or use finger paint
- Make paper shadow drawings
- Make origami projects
- Design a sculpture out of junk

FUN AND GAMES

- Play flashlight tag
- Play board games
- Have a family movie night
- Play "the floor is lava" game
- Put a jigsaw puzzle together
- Play charades
- Put on a puppet show
- Make shadow animals
- Play card games
- Put on a talent show
- Try to build towers out of cards
- Read a book out loud together
- Tell a story and each person adds to it

RESOURCES

FOR PARENTING & FAMILY LIFE

John and Amy Claussen are Co-founders of GoFam Ministries. They have eight children from 12 to 27 and 2 grandchildren and love all things family. Their website is: GoFam.org

Kristin McCarthy, M.Ed.

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Christ Centered Corner

Extra encouragement from a Christian perspective.

But as for me and my household, we will serve the LORD." (Joshua 24:15, NIV)

Choosing to be a family that follows Jesus Christ means creating a home where God's love is shown, the Bible is respected, and God's name is praised. It means trying to live like Jesus in family relationships and everyday life. It's about having a loving, respectful, and spiritually growing environment.

Let's look at five main reasons why Christian family values matter:

1. Love and Compassion: Christian family values are based on love and compassion. Families that have these values create a caring environment where everyone takes care of each other no matter what.
2. Morals and Ethics: Christian family values help us make good choices and follow ethical principles. They act like a compass, guiding us through life's challenges with honesty and respect.
3. Growing in Faith: Families that focus on Christian values talk openly about their faith and practice it together. They pray, read the Bible, and have discussions as a family, which helps them grow spiritually and have a strong foundation in Jesus.
4. Strong Relationships: These values make family bonds stronger. When parents show love, respect, and kindness, children learn how to treat others the same way. This brings the family together and helps them support each other.
5. Positive Impact on Society: Families with Christian values make a positive difference in society. Their love, compassion, and commitment to doing what's right don't just stay at home. They also influence the communities they are a part of.

Families who follow Christ are all about creating an environment that reflects what Jesus taught, building healthy relationships, and making good moral choices.

Module 3
Section 3

CARING FOR CHILDREN

Tips to help children be strong,
healthy, and happy and how to care
for them when they are sick or
injured.

IN THIS SECTION YOU WILL:

Explore the things children need to grow up strong, healthy, and happy.

Discover tips to help a child when they feel sick.

Learn basic first aid to help a child when they get hurt.

CARING FOR CHILDREN

What they need to be strong, healthy, and happy...

Kids need lots of things to grow up healthy and happy. They need to eat well, sleep well, play, and learn. They also need love, safety, and friends. This guide will tell you about the important things kids need and how you can help them get them.

Taking Care of Their Bodies

- **Eating Right:** Give kids lots of different foods like fruits, vegetables, whole grains, and milk. This helps them get all the good stuff they need to grow strong.
- **Eating on Time:** Make sure kids eat meals and snacks at about the same time each day. This helps them have enough energy to play and learn.
- **Getting Enough Sleep:** Kids need lots of sleep. Toddlers need 10-14 hours, and school-aged kids need 9-12 hours. Make a bedtime routine with calming things to help them relax.
- **Moving and Playing:** Kids need to move their bodies. Encourage them to run, jump, and play games. This helps them stay healthy and strong.

- **Limiting Screen Time:** It's okay to watch TV or play games, but kids need to spend more time playing outside and moving around.
- **Seeing the Doctor:** Take kids to the doctor for check-ups and shots. This helps keep them healthy and growing.
- **Staying Clean:** Teach kids to wash their hands, brush their teeth, and take baths. This helps keep them healthy and feeling good.



Feeling Safe and Loved

- **Be there for them:** To form secure attachments, children need consistent care and love.
- **Hugs and Kisses:** Show kids you love them by hugging them, telling them you love them, and spending time with them.
- **Being Nice:** Say nice things to kids and encourage them. This helps them feel good about themselves.



- A Safe Place: Make sure kids have a safe and comfortable place to live. This helps them feel secure and relaxed.
- Helping When They're Sad: When kids are upset, comfort them and let them know you're there for them.
- Talking About Feelings: Encourage kids to talk about their feelings. Listen to what they have to say and help them understand their emotions.

Making Friends and Getting Along

- Playing with Others: Help kids make friends by setting up playdates and encouraging them to play with other kids at school.
- Family Time: Spend time together as a family. This helps kids feel loved and connected.
- Being a Good Friend: Teach kids how to share, be kind, and help others. This helps them make good friends.
- Solving Problems: Teach kids how to talk to each other when they have disagreements. This helps them learn to get along.

Learning and Growing

- Reading and Counting: Read books to kids and play games that help them learn letters and numbers. This helps them get ready for school.
- Going to School: Make sure kids go to school every day. This helps them learn and grow.
- Helping with Homework: Help kids with their homework and encourage them to learn new things.
- Playing and Exploring: Give kids toys and games that help them learn and think. Take them on trips to museums and parks to explore new things.
- Being Creative: Encourage kids to draw, sing, and play pretend. This helps them use their imaginations and be creative.



Doing What's Right

- Teaching Values: Teach kids about things like honesty, kindness, and being responsible. This helps them grow into good people.

- **Setting a Good Example:** Show kids how to be honest and kind by doing those things yourself.
- **Learning About Culture:** Teach kids about their own culture and traditions. This helps them understand where they come from.
- **Spiritual Growth:** If you have religious beliefs, share them with your kids. This helps them learn about faith and spirituality.



Taking care of kids is important! By giving them the things they need, you can help them grow up healthy, happy, and ready for the future. Remember to love them, teach them, and help them be the best they can be!

When kids get sick

Kids can get sick, and it's our job as grown-ups to help them feel better. We need to know how to take care of sick kids and when to call a doctor.

First, it's important to stay calm. Kids can feel scared when they're sick, so grown-ups need to be calm and

and reassuring. It's also important to watch the child closely and see how sick they are.

Next, make sure the child drinks lots of fluids, like water or juice. This helps keep them from getting dehydrated. It's also important to give them small meals of easy-to-digest foods, like toast or rice.

If the child has a fever, you can give them medicine like acetaminophen or ibuprofen. Make sure to follow the directions on the bottle. You can also dress them in light clothing and use a light blanket if they're cold. Some people think it's better to let the fever break on its own. In this case, don't use medicine to lower the child's temperature and just wait it out. Use a thermometer to check so the temperature doesn't get too high.

Coughs or colds are common but no fun. Encourage the child to rest and sleep. You can also use a humidifier to make the air moist, which can help them breathe easier. If the child has a stuffy nose, you can use saline drops or spray. For kids over one year old, honey can help soothe a sore throat.



If the child is vomiting or has diarrhea, it's important to keep them hydrated. Give them small sips of fluids often. You can also give them bland foods like crackers or rice. Watch for signs of dehydration, like dry mouth or not peeing for a long time.

If the child has a rash, try to figure out what it looks like and where it is. You can use cool compresses and anti-itch cream to make them feel better.

Earaches can be very painful. If the child has ear pain, use warm compresses and keep them upright. You can also give them medicine like acetaminophen or ibuprofen.

It's important to create a comfortable space for the sick child to rest. You can give them quiet activities like books or puzzles to keep them entertained.

Always wash your hands often to prevent the spread of germs. You should also clean surfaces and wash bedding regularly.

If you're not sure what to do, always talk to a doctor. They can help you figure out how to take care of your sick child.

First aid and kids

Kids are always moving and exploring. They can get hurt easily. It's important to know how to help them if they get hurt. Here are some basic first aid skills for kids.



Checking for Problems

First, you need to make sure the area is safe. You don't want to get hurt too! Then, check if the child is awake. Gently touch them and ask if they're okay. If they're not awake, you need to call for help right away.

Helping Someone Who Can't Breathe

If a child isn't breathing, you need to do CPR. CPR stands for Cardiopulmonary Resuscitation. It helps to get their heart and lungs working again. You need to call for help first, then start CPR. For kids, you push hard on their chest. Place one hand on the center of the chest and push hard and fast, about 100-120 compressions per minute. Provide rescue breaths if trained, with a 30:2 compressions-to-breaths ratio. For babies, you use two fingers to push on their chest.

Helping Someone Who's Choking

If a child is choking, they can't breathe. You need to help them get the food or toy out of their throat. For older kids, you can do the Heimlich maneuver. You

stand behind them and push up on their stomach. For babies, you lay them on their tummy and pat them on the back.

Taking Care of Cuts and Scrapes

Skinned knees and kids go hand in hand. If a child has a cut or scrape, you need to clean it with water and soap. Then, put some medicine on it to help it heal. Cover it with a bandage to keep it clean. If the bleeding is really bad, you need to call for help.



Treating Burns

Burns can be very painful. If a child has a burn, you need to cool it down with water. If the burn is really bad, you need to call for help.

Helping Broken Bones and Sprains

If a child has a broken bone or a sprain, you need to keep it still. You can use a splint or a sling to help keep it from moving. You can also put ice on it to help reduce swelling. If the injury is really bad, you need to call for help.

Dealing with Poisoning

If you suspect a child has swallowed poison, you need to call for help right away. Don't make them throw up unless a doctor tells you to.

Helping with Allergies

Some kids have allergies. If a child has an allergic reaction, they might get itchy or have a rash. If the reaction is really bad, they might have trouble breathing. You need to call for help right away.

Staying Safe in the Heat

Kids should play outside as much as possible but sometimes too much sunshine in the heat can be dangerous. If they get too hot, they might feel dizzy or sick. You need to move them to a cool place and give them water to drink. If they get really hot, you need to call for help.

Knowing When to Call for Help

It's always better to be safe than sorry. If you're not sure what to do, call for help. You can call 911 or your local emergency number.

Knowing how to help a child in an emergency can make a big difference. By learning these basic first aid skills, you can be prepared to help a child in need.

NOTES

DISCUSSION QUESTIONS

1

Have you ever taken care of someone who was sick? What did you do to help them feel better?

2

What are some ways you can help teach your child to take care of their body?

3

Children need to feel secure. How they are consistently cared for can affect how they view relationships later in life. What are ways to help a child feel secure?

4

How can you be a role model, set an example, and pass on important values to children? What things are important to you that you want to see in your children?

5

How comfortable are you with applying first aid to others? What are some ways you can build confidence or learn more skills?

6

What challenges do you face when caring for someone who is feeling sick? How do you prefer to be treated when you are sick?

RESOURCES

- <https://www.redcross.org/take-a-class/first-aid/first-aid-training/first-aid-online>

Christ Centered Corner

Extra encouragement from a Christian perspective.

Caring for children is very important, rooted deeply in biblical teachings and the example set by Jesus Christ. Children are a gift from God, deserving of love, protection, and nurturing. The Bible emphasizes the responsibility of parents and the faith community to teach children about God's love and principles, as seen in passages like Proverbs 22:6, which encourages training up a child in the way they should go.

The act of caring for children is seen as a reflection of God's love and care for humanity. Jesus himself showed deep care for children, welcoming them and telling others of their importance in the Kingdom of Heaven (Matthew 19:14). This sets a model for Christians to follow, emphasizing compassion, patience, and a commitment to the well-being and spiritual growth of children.

Helping children grow up well also helps make the world a better place. When children learn about kindness, honesty, and respect, they grow up to be good people who care about others. This is how Christians help make the world a better place for everyone.

Caring for children is not only a divine duty but also an expression of faith. We try to raise individuals who show Christ's love, follow His ways and contribute positively to society.

MODULE PRESENTERS & CONTENT PROVIDERS



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