



TAKE IT HOME

“THUMBS UP THUMBS DOWN “ by Karen Steward

Parenting Tip

David and I have just had a beautiful new little grand daughter arrive and I have been helping to look after her two little brothers. Each night I have loved watching Isaac and Cruz, (3 and 5yrs), snuggle up with their Dad and after reading to them, have a special time where they get to talk about their day.

I love it that our grandsons have a safe place to:

- share their highs and their lows
- debrief about their day
- express their feelings

In Deuteronomy 6 we are told to use 'teachable moments' at bed time, at dinner time, in the morning, walking together (car -time) to pass on our faith.

We want to give you a simple “Take it Home” parenting tool to help you do just that. We have called it: “**THUMBS UP, THUMBS DOWN**”.

Here are some questions that can help start meaningful FAITH discussions at mealtime, car time or bed time.

SHARE: What was a “thumbs up” for you today
What was a “thumbs down” for you today?

(Some families have a glass they turn up or down at the dinner table - What filled you up/drained you today?)

Others ways of saying this:

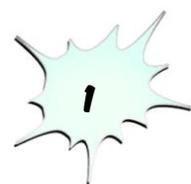
- What made you smile today? What made you sad or angry today?
- What was the nicest thing someone did for you today? What made you feel hurt or frightened today?

THINK: What would be a good way of responding to what has happened?
I wonder **What Would Jesus** have **YOU DO**?

Listen to their suggestions before adding some of yours for them to think about.

Be open to moments that can lead into:

- a conversation about the ways of God
- sharing your faith stories
- relating their experience to a bible character that felt that way



THANK: God for His love and His care.

PRAY: for each other for help to respond in the way that Jesus would want them to.

REMEMBER: Reassure your child(ren) that :

- Jesus will always love you
- Jesus will always be with you

My son-in-law Hayden said, "The wonderful thing that happened was that the boys spontaneously started to ask me about my day and now I get to share too".

Give out the Thumbs Up, Thumbs Down Fridge Magnet and encourage the Dads to give it a go!

