



FBC Parent Newsletter

Praying with your Preschooler

Fall 2008

It is never too early to teach your Preschoolers how to pray. Here are some ways to help prepare them.

- *discuss the need for prayer
- *teach them the posture of pray

- Closing eyes
- Bowing their head

- * tell them how to address God
- *teach them that talking to God is a special Time.

Be creative when your are praying with your preschooler. Teach them that prayer can be spontaneous and natural and that it is not just for mealtime and bedtime. Make a prayer album with pictures of people and things that you have prayed for. Use music either as a background or to the tune of a famil-

iar song. You can also take an older preschooler on a pray walk.



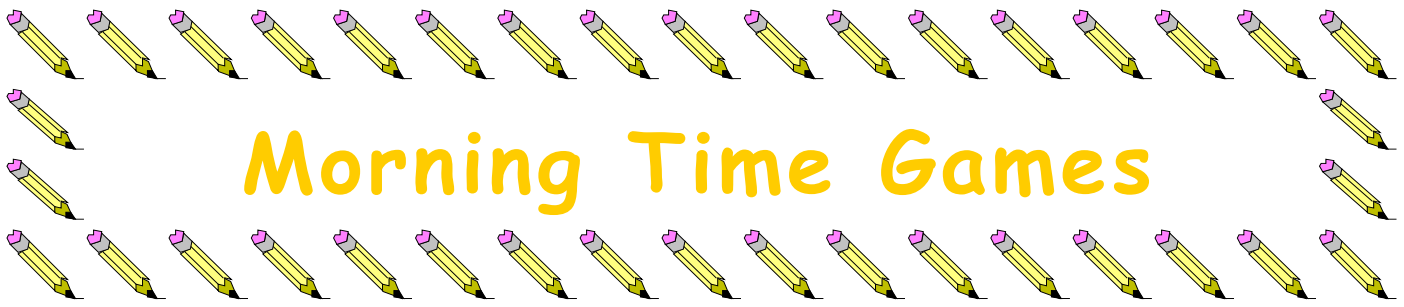
Here are some other tips to get them to participate:

- *Begin a prayer & allow them to finish it
- * Guide them to pray for things that they are thankful for
- *Don't forget to tell children about answered prayers
- *Keep the words, sentences, and the entire prayer short

Whatever you do be consistent. Pray often with them and remember that children learn best by example.

Dates to remember:

- ☺ August 3rd-Promotion Sunday
- ☺ August 31st- Labor Day Picnic
- ☺ October 19th-Round-up Sunday
- ☺ October 31st-Family Fall Festival
- ☺ November 25th- Thanksgiving Service 7:00p.m.
- ☺ December 14th-Happy Birthday Jesus Party
- ☺



Morning Time Games

. If you have children that are hard to motivate in the morning try playing this game to get them into a morning routine.

The Game is called "Beat the Clock". All segments of this game must be completed in a given amount of time.

The 1st round: 60-second get-out-of-bed round, which is followed by the 60 second getting dressed for school round (the kids quickly learn

to lay their clothes out the night before)

The first child dressed gets to be the first in the bathroom—but hesitation or distractions means a sibling can pass them and become the front runner.

Once in the bathroom, each child has 2 minutes to wash their face, hands and brush their teeth. (subject to random inspection)

Final Round: The 5-minute collecting of all books,

homework, and supplies for school.

At this point ideally less than 10 minutes have passed and all participates can sit down for breakfast without rushing through the meal.

*For younger children you could simply set a timer for them to complete each task.

*Ideas were taken from Family Fun Magazine

Beware of Cold & Flu Season

As we approach cold season be sure to encourage your child to wash their hands long enough and often. They should use warm soapy water and do this while singing the tune "Happy Birthday". When they are finished singing they have washed their hands long enough to kill the germs. Washing hands

is the best defense against getting sick.

Also remind them that they can get germs from sharing drinks or eating after someone.

If your child has fever or other symptoms of a cold it is best to keep them

away from other children until they have no symptom for 24 hours.

