



WEEK FOUR

1 TIMOTHY 4:12

Jesus gives Timothy the power to do everything, like have self-control, even though he's young.

SAY THIS

**WHO GIVES YOU THE POWER
TO DO EVERYTHING?
JESUS GIVES ME THE POWER
TO DO EVERYTHING.**

DO THIS



BATH TIME

As you help your child bathe, say, "Show me your powerful arms. Nice! Show me your powerful legs. Wow! Show me your powerful hands." Continue with different body parts. At the end of bath time ask, "Who gives you the power to do everything?" Say together, "Jesus gives me the power to do everything!"

REMEMBER THIS

"I can do everything by the power of Christ."
Philippians 4:13, NIV

BASIC TRUTH

JESUS WANTS TO BE MY FRIEND FOREVER



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CHECKLIST FOR A SUCCESSFUL SCHOOL YEAR

By Holly Crawshaw

It may be hard to believe, but summer is almost over! Maybe that makes you want to burst into tears, or maybe it makes you want to throw a huge party! Either way, below is a checklist to help make the transition into the new school year go as smoothly as possible:

1. ESTABLISH A SCHEDULE BEFORE THE FIRST DAY OF SCHOOL.

Before school starts, start waking up your family and sending them to bed at the same time you will during the school year.

2. CREATE A WEEKLY CHECK-IN.

Choose a time during the weekend to huddle around a calendar with your family, when everyone shares their plans for the week.

3. CREATE A RHYTHM OF TABLE CONVERSATION.

Try to eat dinner together as many times a week as possible. Establish a habit of asking each other, "What was the best part of your day?" and "What was your least favorite part?"

4. CHOOSE A DESIGNATED SPACE FOR DAILY SUPPLIES.

Grab a few hooks and a couple of baskets and create a go-to spot for collecting items your kids will take with them every day.

5. SET UP A DISTRACTION-FREE HOMEWORK ZONE.

Determine rules about homework. Will you require your student to begin their homework immediately? Give them an hour of downtime? Make a plan for whatever works best for your family.

6. TALK IT OUT.

Starting a new school year can give a kid of any age anxiety. Take your child out to lunch and talk about the upcoming year. Encourage them. Let them ask questions. Remind them of their wins last year, and discuss your expectations for the new school year.

7. REACH OUT TO YOUR STUDENT'S TEACHER.

Send in some supplies—tissues or markers or hand sanitizer. Offer your help and encouragement. Ask them what are their favorite treats, and surprise them with it a few times in the year.

8. START EACH DAY RIGHT.

Send your kid off to school each day with encouraging words like:

- "You look beautiful/handsome/sharp this morning!"
- "I love starting my day with you!"

9. CREATE CLEAR PARAMETERS.

Be clear and consistent with rules about homework, bedtimes, and screentimes. Set up a system of consequences and rewards.

10. PRAY, PRAY, PRAY.

Gather your family (and other families, if you want!) and pray for the new school year. Reassure your child that you'll continue to pray for them throughout the year!

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