

# KINDERGARTEN READINESS

## TIPS FOR BUILDING RESILIENCE DURING CHALLENGING TIMES



These ideas can be applied to this year, as well as our upcoming Christmas season!

- **Make intentional connections with your child.** Reassure them by snuggling on the couch, reading to them, watching movies, playing games, or spending time outside. They will gain reassurance through your special time together.
- **Establish and maintain daily routines.** Our schedules may feel a little "off" this year, even more so in the holiday season, but our children thrive on consistency and predictability. By creating and maintaining a daily schedule, they will feel comforted through those routines.
- **Take a break.** We may think that our children aren't hearing the news or conversations about the difficult circumstances we're facing, but they are more aware than we realize. Their minds are not equipped to process the information they are hearing, and that can create anxiety and stress in them. Turn off the television and save adult conversations when your kids are fast asleep.
- Teach your children about self-care. **This is a time when getting a good night's sleep, having healthy eating habits, and getting lots of exercise will be key to their health, physically, emotionally, and mentally.**
- **Set small, achievable goals with your child.** Help them set a goal and work toward accomplishing it. Remind them that persistence and focused efforts can help them succeed in accomplishing new tasks.
- **Talk about previous challenges that turned into success.** Remind them about times when they struggled, but through repeated efforts, they succeeded (i.e. "Remember how upset you were when you couldn't zip up your jacket? You practiced every day, and now you can do it! Way to go, buddy!!") We all need to be reminded that our current struggles are not permanent.
- **Point them to Jesus.** Remind your children that our Heavenly Father lovingly created them, and He knows and loves them more than we can understand ("For You formed my inward parts; You knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made" Psalm 139:13-14). Remind them that He is our source of consistency ("Jesus Christ is the same yesterday and today and forever" Hebrew 13:8). Share that He is our never-changing God ("For I, the Lord, do not change" Malachi 3:6).

Jesus promises to be with you on your parenting journey, and He reassures our little ones of His continual presence in their lives as well. "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" Isaiah 41:10. CCLS is blessed to serve your family, and we are honored to be a part of this special time in your child's life!