



Spring 2025

Dear Families,

Raising children in the faith doesn't happen just at church, but at home and in everyday life. As parents, you have the unique role to walk alongside your children every day and teach them about Jesus. In order to help promote and encourage faith development at home, I have included several resources for you to use in your homes:

- Family Devotions
 - Seeds Kids Worship Devotions
 - Seeds Kids Worship
- Talking to Your Children
 - Birds and the Bees
- Family Traditions
 - Everyday
- 16 Table Talk questions to use at the dinner table
- Lenten Calendar
- Sexual Integrity Conversation Guide

“Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up” (Deuteronomy 11:18-19).

Blessings,

Jen Roettjer, DCE

Director of Youth and Discipleship





[FAMILY DEVOTIONS]

LEARN

Seeds Kids Worship
Devotions

Family devotions based on
common Bible passages with
links to songs.

[https://
seedskidsworship.com/
category/devotionals/](https://seedskidsworship.com/category/devotionals/)

SHARE

Highs and Lows from the day
What are you thankful for today?

PRAY
Confess
Honor
Ask
Thanks

MUSIC

Seeds Kids Worship
YouTube: @SeedsKidsWorship
Spotify Artist: Seeds Kids Worship
Amazon Artist: Seeds Kids Worship



[FAMILY DEVOTIONS]

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[TALKING TO YOUR CHILDREN]

THE BIRDS AND THE BEES – AGES 4-8

Thoughts to Consider

Our world has become saturated with advertising and innuendos about the relationship between a man and a woman. Because this topic is so prevalent, we must ask the question, who do we want teaching our children about “the birds and the bees”? There will come a point in each child’s life that you as parents may not be the first person to have this discussion with your child.

At what age do you begin to lay the ground work for talking with your children? Do you protect your child from the world or do you prepare them for it? Below are several resources to help provide you with guidelines and ideas on how to broach the topic of “the birds and the bees” with your young children.

Podcasts

- Mary Flo Ridley
 - Lessons include: Define Your Message, Choose Your Vocabulary, Explain the Story of Birth, Explain Reproduction, and Explain Conception
 - <https://www.familylife.com/podcast/guest/mary-flo-ridley/>

Books

- “The Care and Keeping of You: The Body Book for Younger Girls” by American Girl
- “Guy Stuff: The Body Book for Boys” by Dr Cara Natterson

- “The Story of Me” by Stan and Brenna Jones
- “Before I was Born” by Stan and Brenna Jones

- “Why are Boys and Girls Different: For Girls/Boys Ages 3-5” by Concordia Publishing House
- “Where Do Babies Come From?: For Girls/Boys Ages 6-8” by Concordia Publishing House



[TALKING TO YOUR CHILDREN]

THE BIRDS AND THE BEES – AGES 9-12

Discussing “the birds and the bees with your children should not be a one-time conversation, rather it should open the door for further conversations down the road, especially as they continue to navigate through the hormone-filled teenage years.

Who do you want to teach your children: you, the schools, or culture? Schools typically have designated classes during 5th or 6th grade. During Confirmation, we will also cover related topics that fall under the 6th Commandment.

Below are several resources to help provide you with guidelines and ideas on how to broach the topic of “the birds and the bees” with your middle elementary and junior high children.

Podcasts

- Barnett and Jenifer Johnson
 - Episodes include: “A Young Man’s Guide to Awesomeness” and “Teaching God’s Design for Sex.”
 - <https://www.familylife.com/podcast/guest/barrett-and-jenifer-johnson/>

Books

- “The Care and Keeping of You: The Body Book for Older Girls” by American Girl
- “The Feelings Book: The Care and Keeping of Your Emotions” by American Girl

- “What’s the Big Deal? Why God Cares About Sex” by Stan and Brenna Jones
- “Facing the Facts: The Trust About Sex and You” by Stan and Brenna Jones

- “How Are You Changing: For Girls/Boys Ages 9-11” by CPH
- “Sex & the New You: For Girls/Boys Ages 12-14” by CPH
- “Love, Sex & God: For Women/Men Ages 14 and Up” by CPH
- “How to Talk Confidently with Your Child About Sex: For Parents” by CPH

- Passport2Purity Getaway Kit

- “Raising a Modern Day Knight: A Father’s Role in Guiding His Son to Authentic Manhood” by Robert Lewis



[FAMILY TRADITIONS]

EVERYDAY

Thoughts to Consider

Most of our lives are spent living the day-to-day activities. Within those daily events, we can find ways to create family traditions and shared memories with our family members.

Everyday Activities

- Create a secret family handshake
- Family Sweater Day – Find set of matching clothes, whether they are sweaters, pajamas, Hawaiian shirts, or socks. Then wear them all on the same day.
- Yes Day – One child gets to pick all of the activities, food, and so forth for the day. The choices must be reasonable, but the family must say yes to doing them.
- Barbershop visit with Dad or Spa-day with Mom
- Family Game Night – Pick a set day once a month to play games as a family.
- Find the Best Food in Town – Whether you pick ice cream, donuts, pizza, or some other favorite food, over the course of several days/weeks, visit as many places as you can to determine which location has the best food.
- Looking for cloud formations – Pick a sunny day with fair weather clouds outside. See what pictures you find in the clouds. Maybe even create your own storyline as the clouds change and move.
- Listening Car Ride – Listen for the sounds of God on your car trip, then share what you hear.
- Box of Goals – Have everyone write a goal for the month, then put them in a box. At the end of the month, check to see how you did and write new ones.
- Annual Trip – Whether your family goes camping or to a water park, each year you find a place to visit and spend together.
- Love Languages – Learn each family member's love language. Find a new way to say "I love you" to them.



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]

WHAT IS YOUR FAVORITE GAME
TO PLAY WITH THE FAMILY?

SET 15

IF YOU LIVED DURING THE GOLD
RUSH, WOULD YOU HAVE
JOURNEYED WEST TO STRIKE IT
RICH?

SET 15

WHAT IS YOUR FAVORITE SNACK
FOOD?

SET 15

DO YOU THINK IT'S MORE FUN TO
BE A PARENT OR A CHILD?

SET 15

WHAT DO YOU ENJOY MOST
ABOUT EACH OF YOUR SIBLINGS?

SET 15

WHERE DO YOU FEEL THE MOST
RELAXED?

SET 15

WHAT SPECIAL TALENTS DO YOU
HAVE?

SET 15

HOW WAS YOUR GRANDPARENT'S
CHILDHOOD DIFFERENT FROM
YOURS?

SET 15



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]



[TABLE TALK]

WHAT IS YOUR FAVORITE WAY TO TRAVEL (BIKE, CAR, WALKING, PLANE, TRAIN, ETC.)?

SET 15

WHAT DOES YOUR TEACHER DO REALLY WELL?

SET 15

WHICH THREE OBJECTS WOULD YOU SAVE FIRST IF YOUR HOUSE CAUGHT FIRE?

SET 15

WHAT FAMILY OR SCHOOL RULE WOULD YOU MOST LIKE TO CHANGE?

SET 15

WHAT WOULD YOU MOST LIKE TO KNOW ABOUT THE FUTURE?

SET 15

WOULD YOU RATHER BE A WEALTHY MOVIE STAR OR A POOR SCIENTIST WHO CURES CANCER?

SET 15

WHAT ARE THE BENEFITS OF SAVING AND SPENDING?

SET 15

IF YOU HAD TO WRITE A BOOK, WHAT WOULD YOU WRITE IT ABOUT?

SET 15

It's Just A Phase . . . So Don't Miss It

To enhance the conversation, here are a few activities your family can try to make a potentially awkward subject more natural:

- **During bath time**, as you wash each body part with a cloth or sponge, call it by its correct name. Then, talk about what that body part helps us do.
- **When dressing or undressing your preschooler**, review their body parts with them— again, using the appropriate terms. But this time, ask them who has permission to see or touch that body part.
- **Grab some crayons and a sheet of paper**. Go ahead and draw the outline of a human body and sit down with your preschooler. Then, using the crayons, help your preschooler fill in all the details that make them *them*—pointing out all their unique qualities—the color of their skin, hair, eyes, and lips. From head to toe, talk about how special and wonderful God created them.

This guide is based on research from The Phase Project, a collaborative, ongoing effort, assembling classic and innovative research with practical application. To discover more ways to help your preschooler develop healthy habits, check out <http://PhaseGuides.com>.



For more information on The Phase Project and other great parent resources, visit theParentCue.org
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SEXUAL INTEGRITY

PARENT CONVERSATION GUIDE

Wait a minute. A conversation guide about sexual integrity for toddlers and preschoolers? Do parents really need this? Actually, there are many reasons to help a child feel comfortable talking with you about their body. That's why it's important that you start the conversation early. During this phase, your role is to . . .

INTRODUCE
them to their body



So they will . . .
DISCOVER THEIR BODY
AND DEFINE PRIVACY.

This guide is designed to help you connect with your child in the phase they are in, by giving you some words to say to navigate the critical issue of sexual integrity. As the conversation progresses through the phases, always keep this end goal for your preschooler in mind:

SEXUAL INTEGRITY

Guarding my potential for intimacy through appropriate boundaries and mutual respect.

IN THE NEW BABY PHASE, SAY THINGS LIKE . . .

"God made your strong little legs."

"God made your elbows."

"God made your vagina/penis." *(Use correct names of body parts as you bathe and change your child—experts suggest that learning proper words can protect your kid from potential harm as well as create a positive view of their body.)*

IN THE FOLLOWING PRESCHOOL YEARS, SAY THINGS LIKE . . .

"That's your nose. Those are your eyes. That's your vagina/penis."

"No, girls don't have a penis." *(If your child notices that someone's body is different than their own, talk about the differences.)*

"Close the door when you go to the potty."

"Babies grow inside their mama until it's time to be born."

"It's okay to tell someone 'NO' if you don't want them to touch you."

"It's polite to look away when someone is changing their clothes."

**"Your penis/vagina/bottom/nipples are private,
and we don't show them to people."**

"If someone touches your private parts, come and tell me right away."

"Sometimes the doctor might touch a private part to make sure you are healthy. It's okay when I'm with you."

JUST REMEMBER

Every phase is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The preschool years are the years you want to embrace their physical needs, so include lots of hugs and cuddle time as you talk. This conversation is the perfect opportunity to inspire a healthy self image, so answer their questions honestly and encourage them to keep asking them. This is the beginning of great conversations in the years to come.

It's Just A Phase . . . So Don't Miss It

To enhance the conversation, here are a few activities your family can try:

- **Dads, set up regular "dates"** with your daughters, and moms, set up regular "dates" with your sons. (If you're a one-parent household, seek out an extended family member or trusted friend of the appropriate gender and invite them to participate whenever possible.) These outings can be as infrequent as once a month and as informal as a quick fast food run. While you're together, model respect and etiquette for your child, and insist they do the same. Talk about acceptable and unacceptable treatment of the opposite sex while you build a healthy one-on-one rapport with your kid. (If you don't have someone of the opposite gender you feel comfortable with to do this, you can always take them out and have a discussion about how they should be treated on a date and in a relationship.)
- **Role-play with your child.** For younger elementary, you can use stuffed animals or dolls to represent the characters. Choose from the scenarios below or come up with some of your own. Ask your kid what the characters should do. Talk through their reasoning and affirm appropriate responses.
 - » A friend of the same gender asks to see your private parts or show you theirs.
 - » A friend of a different gender asks to see your private parts or show you theirs.
 - » An adult you don't know tells you they need your help—all you have to do is go somewhere with them.
 - » An adult you do know wants to touch or see a part of your body covered by a bathing suit.
 - » Someone asks you to keep a secret from Mom or Dad.
- **Leverage existing resources** to begin a conversation about sex and body image with your elementary schooler. Study your child to know which approach to take—whether you should read the resource together or let them read it alone and follow up with them after. The goal is to establish trust and transparency as you begin the journey of healthy conversations about sex and dating throughout the remaining phases with your child.

This guide is based on research from The Phase Project, a collaborative, ongoing effort, assembling classic and innovative research with practical application. To discover more ways to help your preschooler develop healthy habits, check out <http://PhaseGuides.com>.



Elementary

SEXUAL INTEGRITY PARENT CONVERSATION GUIDE

Your kid is growing fast and learning new information every day. They have questions about things you've forgotten—like fractions. They have questions about things you don't remember ever knowing—like state capitols. But the hardest questions they may ask may be questions about the thing that put them on this planet to begin with. Don't panic. The conversations will get more complicated as they get older, but for now it's basic (even if it does feel awkward at times). During this phase, your role is to . . .

INFORM
them how things work



So they will . . .
**UNDERSTAND BIOLOGY AND
UNDERSTAND HOW AND WHY
GOD MADE US.**

This guide is designed to help you meet your elementary kid where they are now, giving you some words to say as you navigate the critical issue of sex. As the conversation progresses through the phases, always keep this end goal in mind:

SEXUAL INTEGRITY
Guarding my potential for intimacy through appropriate boundaries and mutual respect.

TO ELEMENTARY-AGE KIDS (K-3), SAY THINGS LIKE:

"Can we talk more about this another time?" *(Always finish the conversation with room to pick it back up again later.)*

"It's always okay to tell someone 'NO' if you don't want them to touch you."

"I'm so glad you asked me."

"God made your body, and we want to take good care of it."

"God made sex and designed it to be a good gift for a husband and wife."

"Sex is private, it's not something we watch or look at."

"When a girl starts to become a woman, she will . . ."

"When a boy starts to become a man, he will . . ."

TO ELEMENTARY-AGE KIDS (4-5), SAY THINGS LIKE:

"Can we talk about this more another time?"

"Pornography is dangerous because it often becomes an addiction that can limit your ability to enjoy real sex later." *(Talk about why pornography can be harmful.)*

"Sex can be dangerous outside of marriage."
(Caution sexual activity.)

"I'm so glad you asked me."

"I don't like to hear someone say that word because . . ."
(Refine the words they use for bodies, sex, and people.)

**"What kinds of things have
you heard about sex?"**

"Where did you hear about . . . ?"

"What do you think that means?"

"You are beautiful/handsome just the way you are."

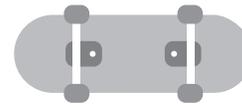
JUST REMEMBER

Every phase is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The elementary years are the years to honor their questions with appropriately forthright answers. Remember, you capture their heart when you help them learn with concrete examples, so be simple and direct. Encourage the conversation, but don't force it. You want to keep this conversation going!

To enhance the conversation, here are a few things your family can try:

- **Intentionally point out the difference** between the media's portrayal of sex and dating versus real life. Don't make this a formal, one-time talk, but begin a conversation that you pick back up whenever you watch a movie, pass a billboard, or walk by a magazine stand together. Ask your middle schooler what seems real, appropriate, or likely to them as compared to the slanted way sex and dating are widely depicted.
- **Practice reaction management.** In this phase, your middle schooler might ask you some questions or tell you stories that shock you. Remember that they're gauging your reaction to decide whether or not you're a "safe" place to bring their comments and concerns. It's okay to say, "Wow. That's a serious—but a REALLY good—question/story. Can I think about it before I get back to you?"
- **Find out where their closest friends** and/or teammates attend student ministry and get your middle schooler connected there. This may be the most important phase of all to have like-minded adults and role models in your student's life. They need to know they can discuss potentially uncomfortable topics such as sex and dating with a safe grown-up who is not their mom or dad. But don't stop there—stay involved in what's being taught to your middle schooler. Subscribe to the ministry's podcast, website, or newsletter. Get to know their leaders. When they do a sex and/or dating series, follow up with your middle schooler and continue the conversation at home.

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Middle School

SEXUAL INTEGRITY

PARENT CONVERSATION GUIDE

Your middle schooler is changing fast. Changing their friends, changing their style, changing their interests, and yes—changing physically. As with any change, you have three options. You can resist it, and inevitably fail. You can ignore it, and become increasingly disconnected. Or you can talk about it, and probably suffer a fair amount of eye rolls. It's ok, you'll both survive. During this phase, your role is to:

INTERPRET
what is changing



So they will . . .
**RESPECT THEMSELVES AND
GROW IN CONFIDENCE.**

This guide is designed to help you connect with your middle school student where they are now, giving you some words to say as you navigate the critical issue of sexual integrity. As the conversation progresses through the phases, always keep the end goal in mind:

SEXUAL INTEGRITY

Guarding my potential for intimacy through appropriate boundaries and mutual respect.

TO SIXTH GRADERS, SAY THINGS LIKE:

"You don't need to wear something like that to get attention."

"Thank you for talking about this. Can we talk about it again another time?" *(Always finish the conversation with room to pick it back up again later.)*

"That's a good question. I'm so glad you asked me." *(Answer questions about sex in detail; if you don't, the internet will.)*

"I'm here if you want to talk."

"I love the way your eyes shine when you laugh." *(Increase positive affirmation and affection.)*

"Thank you for sharing that with me; you are brave to share that." *(Take what they say and feel seriously.)*

"God made your body on purpose and you are beautiful" *(Counteract the negative things they are thinking about themselves.)*

TO SEVENTH AND EIGHTH GRADERS, SAY THINGS LIKE:

"What does it mean to honor God with your body?" *(Help them personalize boundaries.)*

"That's a good question. I'm so glad you asked me."

"I'm here if you want to talk."

"Who do you know that is dating?"

"Thank you for talking about this. Can we talk about it again another time?"

"If you ever feel like someone is wanting you to do something you don't want to do, you could always say . . ." *(Help them script responses to difficult situations.)*

"When Jon commented on your post, what did he mean by . . . ?" *(Stay curious about what's happening in their world.)*

"What does dating mean to you?"

JUST REMEMBER

Every phase is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The middle school years are the years to affirm their personal journey. Remember, they may not always act like it, but they need you now more than ever. Encourage their questions by being available and relaxed. Keep your cool if a question catches you off guard and be sure and take what they say and how they feel seriously. Keep the conversation going by staying curious about their world and what concerns them.