



CHANGES and TRANSITIONS

Change and transitions can sometimes bring a little bit of anxiousness and unsettledness to us all. We can help our children with change and transition by preparing them for what's coming as best we can. Simple conversations and asking questions can help our children process what they might feel in those moments and help them process how they can best respond.

August is one of those months that bring lots of change and transition both here at church and at home. Here are just a few that we will want to help our kids work through and get ready for this month:

Mrs. Joanna's Resignation:

SHILOH TERRACE

Some children may feel some pretty big emotions with Mrs. Joanna leaving Shiloh; I am sure that many of them have a very strong bond with her and will miss her greatly. As a parent, you can best help your child by letting them know that it is perfectly normal to feel sadness when someone you love and care about is leaving. You can help them express their love for her by allowing them to write out a card or draw a special picture for her. They can bring their card or picture to church and give it to Mrs. Karen or Mrs. Lisa and we will be sure to get it in the mail to Joanna.

Some questions that you can ask your child(ren) are: What do you love about Mrs. Joanna? What will you miss most? What is something that you learned from her? And then respond with, "Those are all great things! Let's take some time to pray and thank God for all that we have learned from her and pray for her and her family as they experience new changes and transitions themselves." (*Hint: Use our monthly verse as the foundation of your prayer.*)

Promotion Sunday:

As we approach promotion Sunday on August 15 for our Connection Groups, you will want to have conversations with your children letting them know that they will be moving up to a new class. You can let them "take a peek" into the new classroom and meet the teacher ahead of time if they do not know them yet. This will be especially helpful for younger children who will be moving to an upstairs classroom. Our teachers are wonderful here and will do their very best to make the transition smooth and the day of promotion in our Connection Groups exciting!

Some great questions to ask your children are: What do you enjoy in your Connection Group? Do you think they will do some of those things in your new CG? What is something you would like to learn from the Bible this year? "Let's pray and ask the Lord to help you grow and learn more from His word in your new class." (*Hint: Use our monthly verse as the foundation of your prayer.*)

Back to School:

In addition to changes at church, you are most likely getting your school age kids ready for Back to School and preparation is key, especially with the uncertainty that our kids have experienced the last couple of years. Be sure to talk with your child about what they can expect at school. If you have a new Kindergartener, you might want to help them know how to pack their backpack, open their lunch, etc. Here are some other ways that you can make back to school a little easier for your children:

1. Begin the school bedtime at least two weeks before school starts. It takes some time to get everyone back into the habit of getting to bed at an earlier time.

2. Be sure to take advantage of any orientations, meet the teachers, etc. to familiarize your child with their campus and teachers.

3. Make going back to school shopping FUN! Let them pick out their supplies and use this as an opportunity to connect with your children, no matter what age they are

Some great questions to ask are: What are you most looking forward to when you go back to school? How do you feel about going back to school? Who can you ask for help if you need it? How can you show kindness to the other students on the first day? "There are lots of things that come with going back to school, let's pray and ask God to help you and others as you do." (*Hint: Use our monthly verse as the foundation of your prayer.*)