

Things you can do at home:

For your kids:

- 1) Institute a "quiet" time at home. A couple of times per week, have your child join you on the couch for a time where both of you can "read" or enjoy a quiet activity. Start small with a few minutes and over time add more minutes to this time.

If you do this at home it can help set the expectation at church that they are able to do the same thing.

For Parents:

- 1) Talk to your kids on Saturday evening about what you are going to try to do on Sunday during the service. Helping to set an expectation for your children may help prepare them for Sunday morning.
- 2) Read "Parenting from the Pew." Please take a free copy. The book's focus is to encourage parents, with kids of all ages, to see that children are capable of participating in the worship and learning from the service.