

Parent Takeaway

Purpose in the midst of change

This week's theme

This week in our Zoom group meetings, we will be talking about finding 'purpose in the midst of change'. We will focus on each young person being unique with different skills, abilities, character etc. We'll also be encouraging them to think about how they use these in the world around them.

Tip of the week

Positive affirmation is incredibly powerful. Why not try this week to affirm the gifts of different members in your family? Praise them for things that they may do naturally that make a difference to family life.

Creative idea - one thing that you can do together

Why not try using playdough, as a family, to create models of each of you? As you mould the dough into different shapes you could start a conversation about change - changes you've made during 'lockdown life' and changes which could be expected over the next few months. If you have the time you could create a stop motion animation by moving the models small amounts and taking a picture each time. Join the pictures together like a flip book to start your own family movie!

*If you don't have playdough, you could make salt dough instead - the recipe can be found at: <https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe>

An encouragement for you

Do you sometimes suffer from feelings of inadequacy? Often this comes when we realise we've made a mistake or handled something badly. Usually there's a good reason for it - we're under pressure, have reacted to something that was said or had unrealistic expectations in the first place. Remember, these things don't make you a terrible parent - getting it wrong is normal and, in these extraordinary times, particularly understandable. Instead of feeling down about yourself, choose instead to remember and celebrate the things that you do well.

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

Ephesians 2:10 The Bible