

# Keeping it real takeaways

- However you feel, you are powerful and important in your child’s life and able to give them everything they need to meet and know God.
- There are lots of easy ways to do this as part of normal, everyday life. You can enjoy nature and music together, share kisses and cuddles and chat about God’s love or remind them that God is near if they feel afraid.

## Things to think about

You have everything that you need to help your child meet and know God.

Do any of the reasons why shared in the video stand out to you?

If you feel comfortable, ask God to help remind you of any of them that you need to hear today.

## Things to chat about

Think about the four examples of ways to connect with God in the everyday.

**Pregnant/waiting to adopt** – Do you recall doing any of those ideas when you were little or have you spotted anyone around you doing them? Which would you like to try?

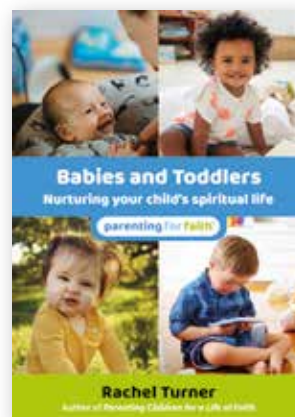
**Parents and carers** – Are there any of those that you already do or that you’d like to try? Is there anything else that you do in the everyday that helps your child nurture their spiritual side?

## Ideas to try

Try one of the ideas from the video, like:

- stopping to enjoy nature and chatting about it
- sharing music that you like that shares something about God or helps you connect with him
- when giving kisses and cuddles, tell your little one that God loves them too
- remind them that God is near when they are afraid.

## Find out more



- Look at [chapters 3, 9 and 11](#)
- Look at the [second Key Tool, ‘Framing’](#)
- Try listening to the [Parenting for Faith podcast](#)