

Sacred Spirit!

Tips for Raising Spiritually-Aware Girls

Mini Guide #3



Hi!

No matter how hard we try, it is nearly impossible to control everything our children see and hear. From classmates, friends, tv, the world wide web, and society in general, they will be exposed to many thoughts, perspectives and temptations.

Giving our children a spiritual base is key. It can offer peace in difficult situations, give them a filter to guide their decision-making process, and instill confidence to reach for the stars.

Read on for tips to talk spirituality and confidence.

Enjoy, Towanda

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The God Connection

Here are ways to help your child(ren) develop a spiritual connection with God:

Make spirituality a regular part of life. Pray and talk about God in every day conversation.

Share your values and spiritual views. Let your kids know where you stand when it comes to values and morals, in an age-appropriate way that they can understand. Explain why you feel that way and encourage them to ask questions. Also, it is very important to not criticize their questions. Children are inquisitive by nature and you want them to feel comfortable coming to you for answers. Don't be afraid to say "I don't know" and try to be open-minded. They may develop opinions different from yours, but most importantly, you want to encourage them to have a personal relationship with God.

Get them involved in a kids' group that will allow them to learn in a fun and interesting way. Whether it's Sunday School, Kids Church or another group that caters to kids, it's good for children to learn with other kids. And they will probably learn something to teach you, :-).

Lead by example. Let your kids see you reading spiritual books, praying and having informal conversations with God. Go on a nature walk and let them see and hear you marvel at the beauty of God's work. Talk about some of your ups and downs, and how your faith helped you. Teach them simple prayers and say them together regularly.

Give them your key book. Whether that's the Holy Bible, Torah, Quran, etc., give them their own copy of your spiritual guide. Even better, read it with them and encourage them to study on their own. Start with a version that is age appropriate and upgrade as they grow.

Spirituality and Building Confidence

This Psychology Today article, [Raising Self-Confident and Spiritually Aware Kids](#), is a great read.

One of my favorite quotes is, “Yes. There is a power in you that can help you succeed no matter what is happening in the outer world.”

This reminder that God lives in us, is beautiful for our children and us. [Read it now!](#)

Meditation

Meditating can reduce stress and anxiety, help with focus, encourage compassion and so much more. [This article](#) shares many of the benefits found when meditation was added in a school.

To share the benefits with your kids, here's [Common Sense Media's List of Meditation Apps for Kids](#).

I use [Insight Timer](#) (search for kids), :-).

Practice Gratitude

Kids benefit from keeping a gratitude journal, too!

Whether it's a paper journal or an app like Zest, Grateful, Mojo, let's encourage our girls to find the positive in every day.

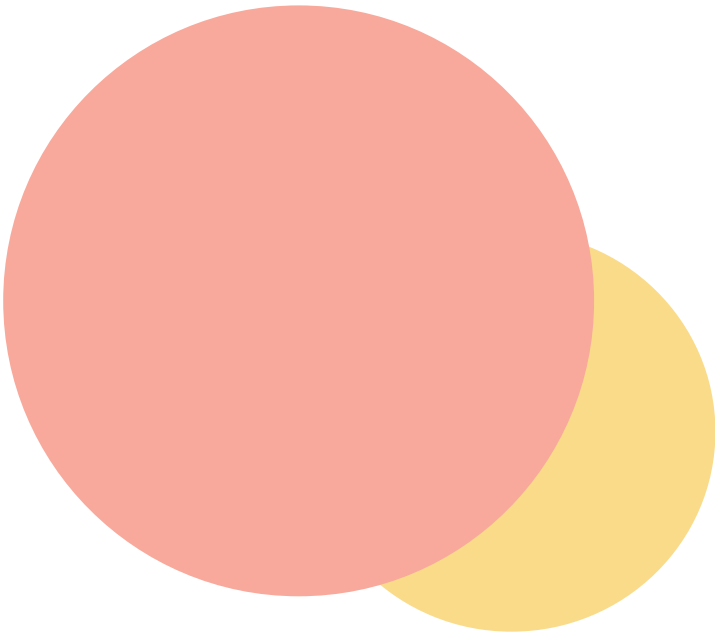


You're Almost Done!

A joy of reading mini guides, aside from the information, is that you don't have to wait until a big chunk of time appears in your schedule. Because how often does that happen?!

Now that you have a few tips for building your daughter's spirit life, check out our other [mini guides](#). Topics range from education to travel.

If you do social media, we'd love to connect there, too. We're on [Facebook](#), [Instagram](#) and [Pinterest](#)!



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I look forward to staying in touch,
Towanda



[We can't wait to have you!](#)



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OUR COMMUNITY!**

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