



Hello CityHope Kids Parents!!!

As we have been looking ahead to the possibility of kids being at home for the next few weeks, we wanted to do our part to encourage your family to make the best use of your time. What does this even mean? There is a great quote floating around social media that we have found to be heart-shifting when we took a look at our rapidly emptied calendars.

“Conversations will not be canceled.
Relationships will not be canceled.
Love will not be canceled.
Songs will not be canceled.
Reading will not be canceled.
Self-care will not be canceled.
Hope will not be canceled.
May we lean into the good stuff around us.”

What can we do as parents to help this time be fruitful? Some of you may be reading this and thinking, "I am homeschooling my kids. What more do you want from me?" We hear you! But how cool would it be if you made some intentional choices, even just in small things, and then you could watch those choices deepen the quality of your family relationships into stronger and healthier connections?

Here's some of the things we've been thinking:

TIPS & TRICKS:

- Take a walk or exercise every day. This may seem silly, but just getting out of the house for a little while can be so helpful and keep everyone from having cabin fever!
- Memorize some scriptures as a family. You could start with the verse we're using in KidCity and you can find that on the Parent Cue app!
- Create a schedule for your kids to follow throughout the day. What time to wake up for breakfast? When will school stuff be happening? When will everyone get off of screens and just decompress?
- Before your kids start their e-learning for the day, start out reading the Bible and praying for those affected by coronavirus, for your family, and for their friends during this time.
- Have a quiet hour every day where everyone goes to their rooms to draw, read, practice an instrument, clean out their closet and under their bed, craft something, develop a video game, etc.
- Start a donate pile of things from your home that are still useful but not being used by you.
- Gather some items in the pantry and go drop them off at a local food bank. Or make a click-list with your kids just for food to donate to a food bank, then pick it up and deliver it.
- Watch a series with your kids from Disney+, Netflix, Amazon, Hulu.

- Have your kids research your next family vacation, where to go, how much it will cost, why your family should go there!
- Cook and clean up the kitchen together.
- Tackle those projects you've been wanting to do together.
- It may be important for your family to create a routine that everyone can see and take part in.

BIBLE STUDIES:

Everyone from CityHope can get free Right Now Media by [CLICKING HERE!](#) Right Now Media has lots of great studies to do individually or as a family! Another great option is to start a kids devotion through the [YouVersion Bible App](#). These can be done through a cell phone, tablet, or computer. You and your child can complete one each day to help get them in the rhythm of having a daily devotional time.

RESOURCES/COMMUNICATION:

- Daily Instagram posts for you to interact with. @cityhopekids
- Online services will be streaming on Sundays from our church website at cityhope.cc/kids
- More activities at our KidCity Pinterest board called [KidCity Family Activities](#)
- Text communication. Parents text ***kidcity*** to ***64600***.

CONVERSATIONS:

- What can we do to help those in our community?
- How would our social distancing experience be different than in other countries?
- How can we be grateful for today?
- How can we love, show grace, and serve each other over the next few weeks?
- What are some questions about faith that we can look into answering as a family?
- How can we stay connected to family members who live far away from us?
- How can we continue to serve our community together regularly, even after social distancing ends?

GAMES:

- UNO
- Spoons
- Card games like Nertz, Spades, and Tripoley
- Karaoke (YouTube has lots of options!)
- Trivia games like Trivial Pursuit or Spontaneous
- Dominoes
- Puzzles
- Games from KidCity
- Your favorite family board game!
- jackbox.tv (There are some fun media-based games there that you can play on a few different platforms.)

BOOKS:

If you find yourself with some extra time and want to dig a little deeper into some parenting resources, pick up one of these books

- [Sticky Faith](#) by Kara Powell
- [Growing With](#) by Kara Powell & Stephen Argue
- [Parenting Beyond Your Capacity](#) by Reggie Joyner & Carey Nieuwhof
- [Don't Miss It](#) by Reggie Joyner & Kristen Ivy
- [It's Just a Phase_ - So Don't Miss It](#) by Reggie Joyner
- [Every Parents Guide to Navigating Our Digital World](#) by Kara Powell, Art Bamford, Brad Griffin
- [A Tech Wise Family](#) by Andy Crouch
- [Faith For Exiles](#) by David Kinnaman & Mark Matlock
- [Raising Successful Teens](#) by Jeffrey Deam
- [Habitudes](#) by Tim Elmore
- [Gen Z Unfiltered](#) by Tim Elmore

A couple of last thoughts:

We are here for you and for your family. Please reach out if you need anything at all from us! We want to help any way that we can. We know that there are a significant number of kids and parents that struggle with anxiety and this season could tend to feel even more lonely than ever. Our staff is praying for all our families with regards to that and we want to make sure that everyone has opportunity to stay connected. Please help us be certain that we have your contact info so we can touch base with you. You can update info from within the Church Center app or you can email your Kids Director (their first name @cityhope.cc) or Sarah Rice (Sarah@cityhope.cc)

Another fear parents are wrestling with has to do with kids spending a massive amount of time on their devices where the chances of them seeing things they shouldn't see, actively looking for pornography, or even having a predator reaching out to them can grow. We encourage you to be hyper-vigilant during this time, to keep your kids safe, not just from a virus, but spiritually, mentally and physically as well. Choosing to fill your time with activities that engage your family and keep all of you connected to things that bring you life, while maintaining accountability is going to have incredible long-term positive impact on your home. Now is a great time to research how to use all of the parental control features of every internet connected device you have, that includes gaming systems. Become an expert on how to use those controls and talk to your kids about why they're necessary. Set limits on screen time and point your kids to other healthy fun!

Together we can do this!

Here is one last thought to consider while you are mostly home for a while. We can choose to use this time to read books, listen, and rest. We can choose to learn how to be still, exercise, eat well, share, love, cook, have full conversations without looking at screens, dance, dream, and pray. And we'll watch our family grow closer to God and each other. When this is all done, we will look back and be thankful that we were able to operate from a place of health, instead

of fear and anxiety. We will be able to see that we took full advantage of this time of together and we came out on the other side of this pandemic with stronger families who have deep connections to each other and our community. We know that God will be with us every single day as we make the choices to encourage one another and build each other up. (1 Thes. 5:11)

Our CityHope Kids Staff loves your kids and we love you.