



# BUILDING FAMILY TRADITIONS

AS YOUR CHILD TURNS

# 10 YEARS

## CHANGE

As your child gets older, there are so many things that begin to change in their lives. Their bodies and minds are growing. "Be the consistency" your child needs in the midst of all these changes.



## FUN

is the door to your child's heart. By having fun with them you'll open the door to influence, relationships and godly conversations.

## HABITS

Kids are developing life-long habits during this phase. Building habits in personal care and hygiene are important during this phase. So are foundations for godly habits such as daily Bible reading, prayer and Bible memory.



## BALANCE

Balance is very difficult at this age because of hormones. Make sure to talk through highs & lows with your child. Pray with them and encourage them to turn to God during these times.



## BIBLE MEMORY

As your ten-year-old begins to experience more secular influence, make sure it's balanced by greater godly and biblical influence as well.

Work with your child by learning verses together. Choose verses that might help where they may be struggling.

Anger: Ephesians 4:26-27, James 1:19-20, Psalm 37:8

Temptation: 1 Corinthians 10:13, Matthew 26:41

Jealousy: Proverbs 14:30, James 3:14

Fear: Joshua 1:9, Isaiah 41:10

## JOURNALING

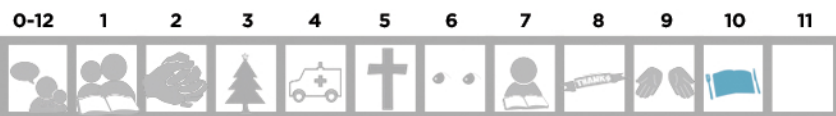
Your child is old enough to start journaling. Provide a devotional/journal to help encourage this habit. Journaling together will model this spiritual habit as well.

## RESOURCES

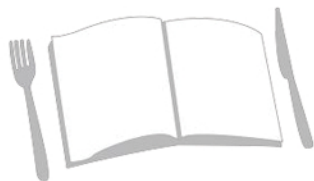
Get your child a "body book" that describes the changes happening to their body and let them read it both with you and alone. Make sure it's from a Christian publisher and represents your values. The Learning about Sex series is an excellent resource.

Having trouble getting your ten-year-old to talk? Purchase a set of conversation starters for pre-teens and let each person draw one at the dinner table. This will make mealtime an even more important time together.

## SPIRITUAL TRADITIONS



To learn more about spiritual traditions, visit [church-redeemer.org/traditions](http://church-redeemer.org/traditions)



Make mealtime a tradition in your family. Turn it into a spiritual tradition by making sure to read Scripture or have a short family devotion at least a few times a week.

Try the One Year Book of Family Devotions by Tyndale.