

WHOLE CHILD HEALTH CHECK

DAILY: SPEND TIME TALKING WITH YOUR CHILD(REN), ENCOURAGING AND OBSERVING THEM

IS YOUR CHILD EXPERIENCING ANY OF THESE SYMPTOMS?

SLEEPING OR
EATING CHANGES

MOODINESS
MORE TEARFUL MORE
ANGER OUTBURSTS SADNESS

ACTING
OUT

LOSS OF INTEREST
OF MOTIVATION

OVERPLANNING
OR
OVERTHINKING
THINGS

LOSS OF FOCUS
OR
CONCENTRATION

NEGATIVE
SELF TALK

ANY THOUGHTS OF
SELF HARM OR
SUICIDE

PANIC ATTACK
IRRATIONAL
HYPERVENTILATING
SWEATY PALMS
INCONSOLABLE

NEW OBSESSIVE
OR
REPETITIVE
BEHAVIORS

CONNECT with your Pastor,
Youth Pastor or Lighthouse
Child & Family Services at
320.983.2335

CONNECT
WITH YOUR CHILD'S
HOMEROOM TEACHER

Teachers will also be regularly monitoring
the social and emotional health of your
children, God's treasures.
They will connect with you if they observe any
concerning behaviors.

POSITIVE SPIRITUAL & HEALTH HABITS

WORK WITH YOUR FAMILY TO DEVELOP A DAILY AND WEEKLY RHYTHM THAT INCLUDES INTENTIONAL SABBATH REST (AND NOT JUST ON THE SABBATH).

BE ACTIVE TOGETHER, OUTSIDE WHEN POSSIBLE (EVEN IF WEATHER ISN'T PERFECT).

TAKE TIME FOR FAMILY DEVOTIONS AND ONE-ON-ONE DEVOTIONS WITH YOUR KIDS.

PRAY WITH YOUR CHILDREN ONE-ON-ONE, BRINGING BEFORE GOD EACH CHILD'S SPECIFIC ADORATIONS OF GOD, CONFESSIONS TO HIM, THANKS TO HIM AND THEIR REQUESTS.

GET ENOUGH SLEEP! SLEEP IS ESSENTIAL FOR KIDS—EVEN TWEENS. IT BOOSTS IMMUNITY, BRAIN FUNCTION, ATTITUDE, AND SO MUCH MORE.

EAT GOOD FOOD WITH GOOD NUTRIENTS AND DRINK WATER. ENJOY SOME TREATS, TOO!

HELP YOUR CHILD CHOOSE THE BEST TIME TO WORK ON HOMEWORK EACH EVENING AND BE CLOSE BY TO ASSIST AND ENCOURAGE.

MODEL THESE HABITS YOURSELF. KIDS ABSORB YOUR ATTITUDES AND ACTIONS AS WELL AS YOUR WORDS.

SEEK HELP FROM CHRISTIAN COUNSELORS IF NEEDED BY YOU OR A CHILD.

REMIND YOUR CHILDREN OFTEN THAT THEY ARE LOVED BY GOD, LOVED BY YOU, LOVED BY THEIR TEACHERS AND CLASSMATES, LOVED BY EXTENDED FAMILY AND FRIENDS, AND LOVED BY THEIR CHURCH FAMILY.