



DESIGNING FAMILY FAITH FORMATION WEBINAR

John Roberto, LifelongFaith Associates

johnroberto@lifelongfaith.com

www.LifelongFaith.com

www.FamiliesAtTheCenter.com

Transforming Our Narrative

From a primary focus on...

1. Starting with messaging
2. Providing programs
3. Buying into negative stereotypes
4. Giving families expert advice about what to do
5. Focusing on parenting as a set of techniques
6. Pathologizing or idealizing families
7. "Passing on" the faith
8. Serving families
9. Congregation-centered ministries

Toward an emphasis on. . .

1. Starting with listening
2. Building relationships
3. Highlighting families' strengths and resilience
4. Parenting as a relationship
5. Encouraging families to experiment with new practices
6. Emphasizing parenting as a relationship
7. "Living into" the faith
8. Empowering families
9. Community-centered ministries

Design Considerations

- Diversity of family forms and living arrangements
- Diversity of parent generations (Xer and Millennial)
- Diversity of ethnicities
- Unique setting of our families: location, economics, education, etc.

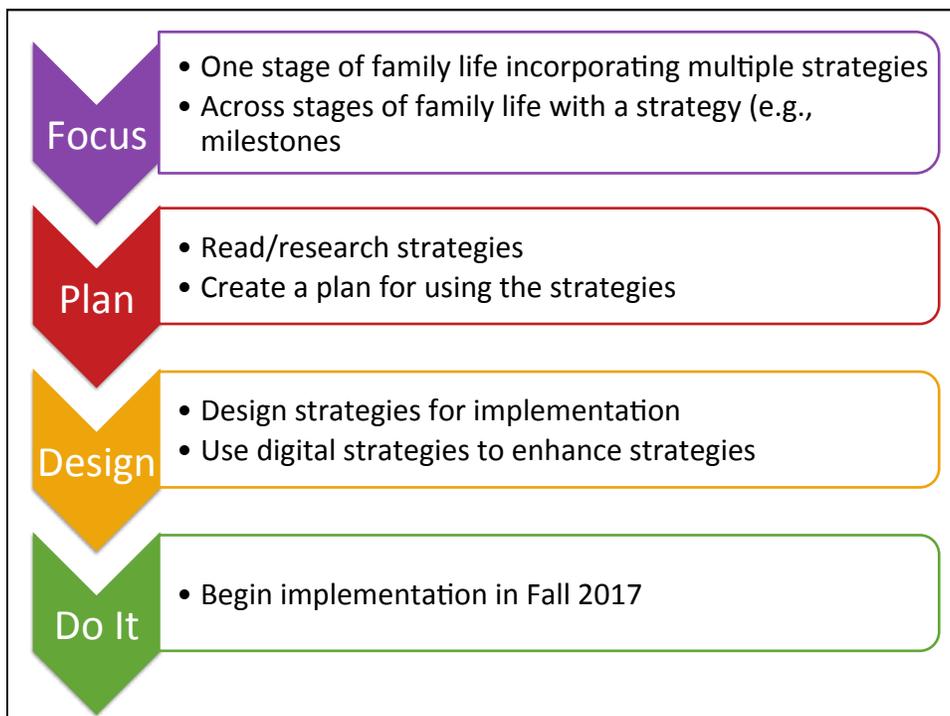
Design Considerations *Spiritual-Religious Identities*



Families at the Center Strategies



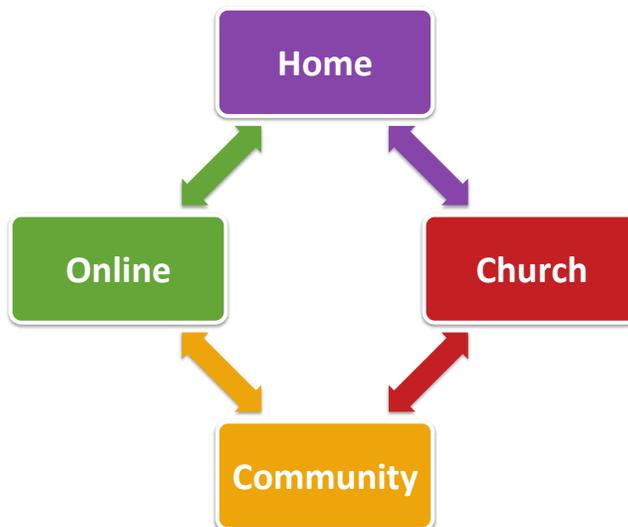
1. Discovering God in Everyday Life
2. Living Faith Practices @Home
3. Celebrating Milestones
4. Celebrating Seasonal Events
5. Encountering the Bible through the Year
6. Intergenerational Connections: Community, Learning, Service
7. Building a Strong Family Life
8. Empowering Parents & Grandparents as Faith Formers



Strategy Settings



Strategy Connections

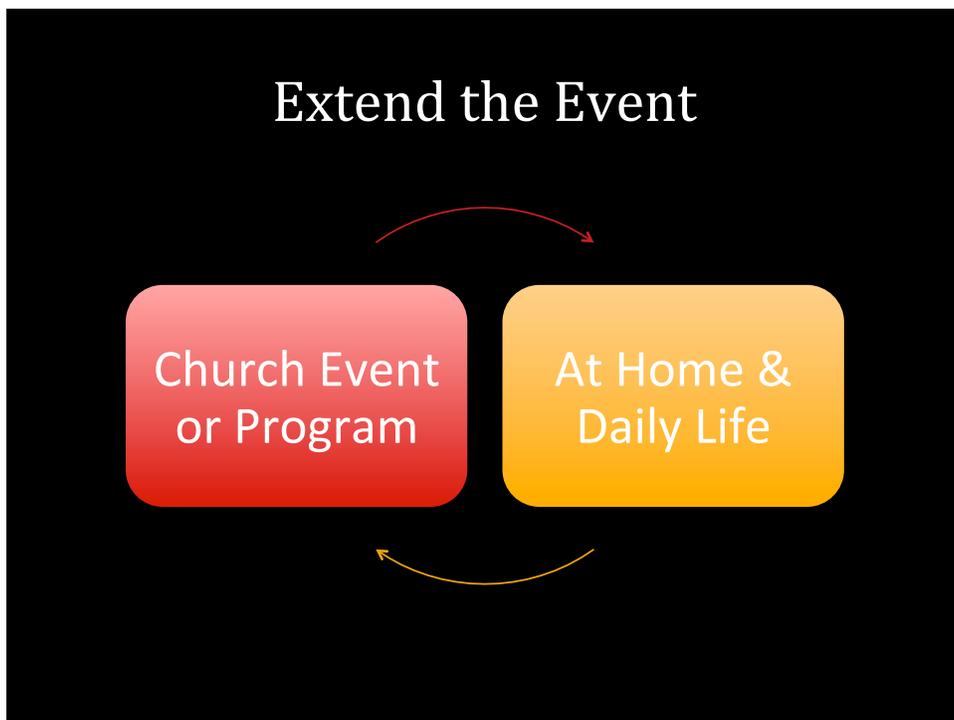
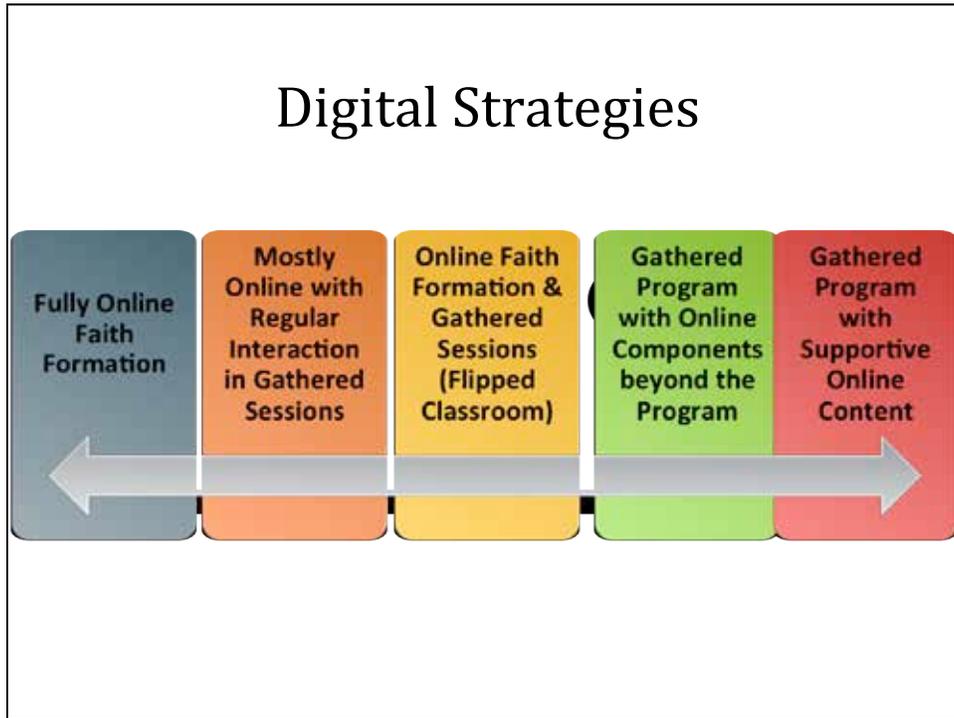


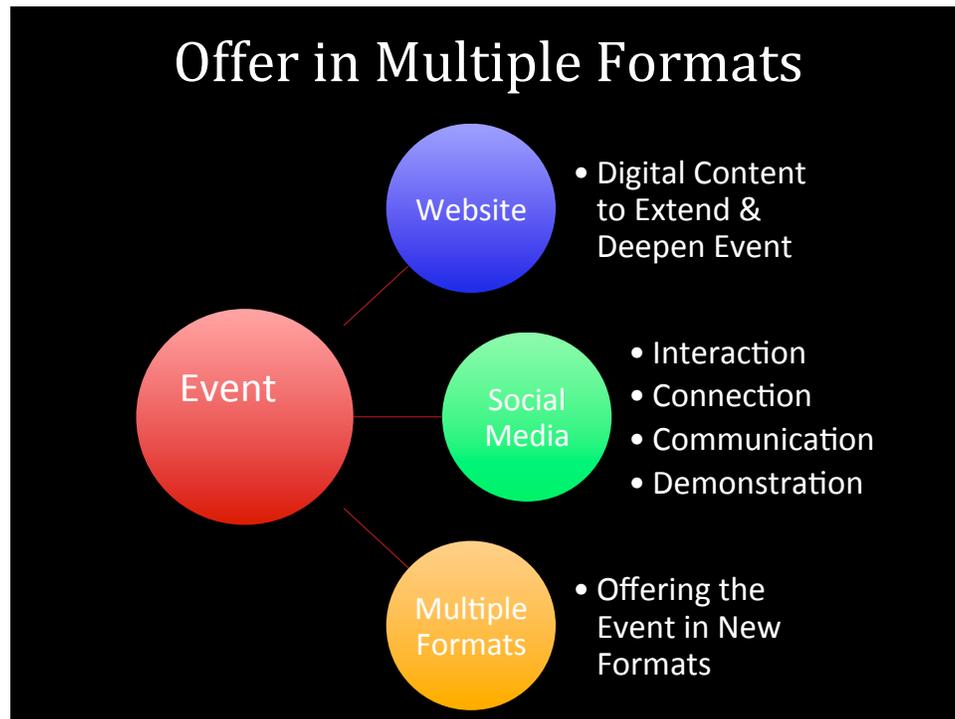
Design Practices

1. A **variety** of relationships, content, experiences, and resources
2. New **methods**: immersive, multimedia, multi-sensory, highly visual, participatory, experiential
3. New **formats**: episodic, micro-learning, on demand, mobile, 24x7

Design Practices

4. New **digital** media and digital platforms: websites, apps, video, podcasts, social media
5. Multiple **environments**:
 - self-directed
 - mentored
 - at home
 - in small groups
 - in large groups
 - church-wide
 - in the community
 - in the world



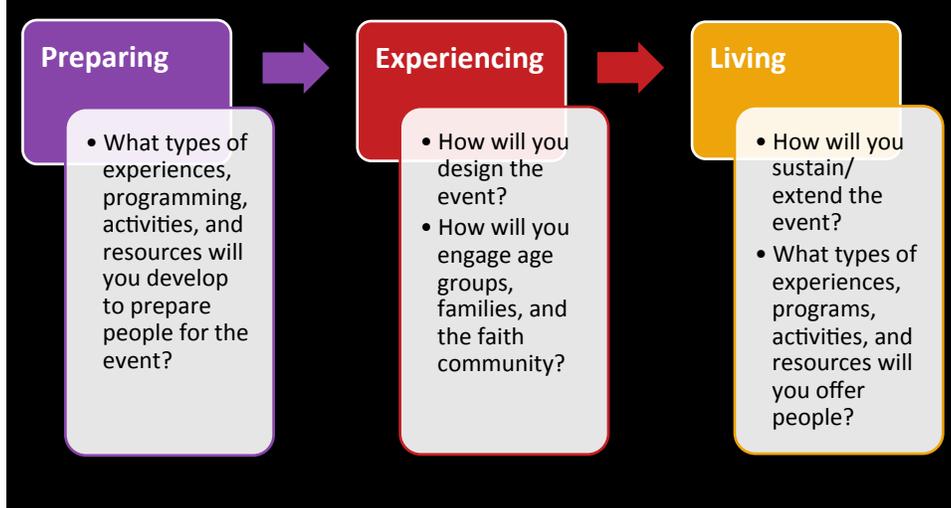


Video Recording Events

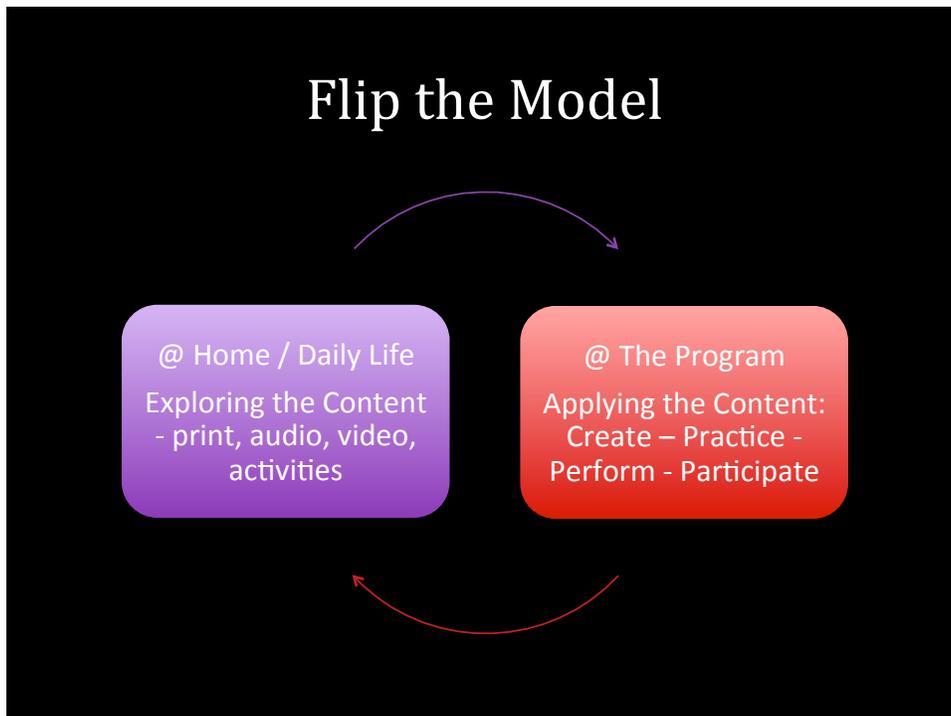



1. Stream live presentations at church
2. Offer webinars as an alternative to a church-based program
3. Record live presentations and webinars to create a home-grown library of video content
4. Develop multiple versions of a program:
 - design and conduct a gathered program – record it
 - Edit the video in segments
 - Design individual, mentored, or small group study with a guide and resources

Build on an Event/Experience (Sacraments, VBS, Mission Trip, and much more)



Flip the Model



Integrate Online & Gathered 40-Day Lent Curriculum

Church →	Daily & Home	← Online
<ul style="list-style-type: none"> • Ash Wednesday • Lenten Sunday liturgies • Stations of the Cross • Lenten prayer • Lenten retreat • Lenten service • Lenten soup suppers 	<ul style="list-style-type: none"> • Fasting • Praying • Service/ Almsgiving • Lectionary reflection • Family Lenten activities 	<ul style="list-style-type: none"> • Lenten learning resources • Lenten calendar • Daily Lenten prayer • Weekly table prayer • Video resources • Online retreat experience

Fully Online

The collage displays three online platforms:

- SPIRITUALITY & PRACTICE**: A website with a purple header and navigation menu (HOME, ABOUT US, COURSES, FILM, BOOKS, ARTS, QUOTES, BLOG, CONTACT US, NEWS). It features sections for 'OUR DEMANDS & COURSES' and 'OUR 4 COURSES'.
- CHURCHNext**: A website with a green header and navigation menu (HOME, ABOUT US, COURSES, FILM, BOOKS, ARTS, QUOTES, BLOG, CONTACT US, NEWS). It features a 'Courses' section with a list of offerings.
- FORMED.org**: A website with a dark header and navigation menu (HOME, ABOUT US, COURSES, FILM, BOOKS, ARTS, QUOTES, BLOG, CONTACT US, NEWS). It features a 'The Best Catholic Content. All In One Place.' section with a list of offerings.

Family Faith Formation Network



LifeLongFaith Association

HOME FAMILY LIFE PARENTS GOD IN LIFE FAITH @ HOME MILESTONES SEASONS SUNDAY WORSHIP FAITH @ CHURCH

Families at the Center of Faith Formation

A Network of Experiences, Activities & Resources for Families with Children



Family Life

Each month we will explore, experience, and practice an important family asset that can enrich your family relationships and build a stronger family.

1. January: The Family Meal
2. February: Progression
3. March: Managing Household Life
4. April: Exploring Rituals and Milestones

Join us for our **MONTHLY FAMILY GATHERINGS** on the first Sunday of each month after Sunday worship. This will be a time to explore and experience this month's theme and learn how to practice it at home.

Use the resource that accompanies each month's theme for **PRACTICE @HOME**. Each resource includes stories, biblical reflections, and family activities.

[FAMILY LIFE](#)



Parents

"Just for Parents" offers a variety of ways for you to enhance and enrich your knowledge and skills for parenting children and teens. All of these programs, activities, and resources are developed around research-based ways to help your children and teens grow in healthy and positive ways by 1) expressing love, 2) challenging them to grow, 3) providing them with support, 4) involving them in decision-making, and 5) expanding their possibilities for the future.

1. Participate in the "Just for Parents" Webinar Series without leaving your home!
2. Use a variety of activities to build positive relationships at home.
3. Learn more about your children and teenage.
4. Participate in a Small Group Study with the best-selling book "The Secret of Happy Families by Brian Felzer"
5. Watch the video, "Parenting for the Long Run" and download the "9 Parenting Strategies" guide.
6. Strengthen family relationships with teens.
7. Discover parenting resources.

[PARENTS](#)



God in Daily Life

How can we discover God and the sacred in the rhythms and practices of everyday life? God is truly present to us each day, and His presence is discovered in the fabric of our lives - our experiences, our relationships, and more. We are all spiritual beings. We can discover the spiritual in our everyday lives, and recognize, understand, and respond to God's presence in each day. Here are four daily practices to help you discover God.

1. Finding God in your day through the daily examen.
2. Helping children find God through bedtime reflection.
3. Encouraging the sacred each day through the HOTS.
4. Finding God through photos.

[GOD IN DAILY LIFE](#)



Faith @ Home

Faith @ Home provides a variety of activities to help your family grow in faith at home - all of which can be easily integrated into family life. You pick the time.

Reading the Bible

- A 12-week Summer Bible Reading Plan for Children
- An Old Testament Bible Review Timeline (download)

Learning the Christian Tradition

- Ten Commandments Magnet
- Church Seasonal Hunt
- I, O & U-O
- Stand Up for Others

Praying

- 100 Prayers for All Occasions

Serving Others

- Actionable Promise Cards for All Ages
- Participate in a "Serve the Community" Day
- Collect food for the Hungry

[FAITH @ HOME](#)



Milestones

Celebrate meaningful, memorial moments in your family's life with these ritual celebrations of milestones.

1. Baptism Anniversary
2. Starting School
3. Getting Ready to Worship
4. Birthday Celebrations

RITUALS & MILESTONES



Seasons

The seasons of the year offers a variety of opportunities for families to celebrate, learn, and have fun together. We have selected one family activity for each month of the year, reflecting the calendar seasons and the church year seasons.

1. January: Martin Luther King Jr.
2. February: Ash Wednesday
3. March: The Real St. Patrick
4. April: Easter and New Life
5. May: Mother's Day
6. June: Vacation Travel
7. July: Independence Day
8. August: Back to School
9. September: Fall Harvest
10. October: A Helping Halloween
11. November: Thanksgiving
12. December: Christmas is Coming!

SEASONS



Bible & Worship

Bring the message and experience of Sunday worship into your home. Try one or more of the following activities to learn more about the Sunday Scripture readings and to find ways to apply God's message to your lives.

1. Review this Sunday's worship service.
2. Watch a video reflection on the Sunday reading in story and music.
3. Use "Taking Faith Home" for your daily devotion, Bible reading, and family conversation.
4. Use "Sunday Connection" to connect Sunday worship with daily life, and engage children in creative activities.
5. Read the daily Scripture readings & watch a video reflection.

BIBLE & WORSHIP



Faith @ Church

Participate with all generations in the events and experiences of the faith community and connect your experiences at church with your faith at home.

1. Worshipping Together on Sunday
2. Celebrating the Church Year Feasts & Seasons
3. Engaging in Service to the Community & World
4. Gathering for Social Events
5. Celebrating Rituals & Sacraments
6. Gathering with All Ages for Learning

FAITH @ CHURCH

KEF

Building relationships with God, family and other congregants.

Building connections to Torah, Shabbat, holidays, Israel.

Building knowledge of Hebrew, history, music, ethics.

Building community within our Temple and Los Angeles.

KEF is a bold new model of Jewish learning. Rather than studying about Judaism, prayer, celebration and Jewish culture, or reading about Jewish literature, the Bible and what makes a Jewish community, participants in KEF will experience it all and be a part of building their own Jewish community.

The goals of the KEF program are:

- to learn about the Jewish tradition through family experiences with prayer, celebration and tikkun olam
- to strengthen the family's connections to one another, to the Jewish tradition, and to the congregation as a whole; and
- to build a community of learners at Temple Emanuel.

The participation of the family as a whole, including younger and older siblings, is welcomed. Families will come together in a K'vutzah, the Hebrew word for group. Each K'vutzah will have its own Rosh K'vutzah (group leader).

Program Requirements

Shabbat and at least one adult family member shall participate in the following activities in the course of a year:

- 4-6 K'vutzah activities, including orientation, Shabbat dinners, a class-age based program, book club discussions and the culminating Torah activities;
- 10-12 Shabbat services;
- 4 holiday celebrations or commemorations held at Temple Emanuel; and
- 3-4 cultural programs (either on- or off-temple).

In addition, each family will be responsible for:

- read books from a selected reading list (determined and number of books would vary with the students' ages);
- devote 12-16 hours doing work related to tikkun olam (excluding the weekly and
- do a Torah project. Each year there will be a theme for these Torah projects, e.g., Genesis, Exodus, related to the Torah, the prophets, and the Writings).



What the program will provide:

- a Rosh K'vutzah for each Heshavah (the rabbi, educators and coordinators will serve as roshel K'vutzah, who will meet with each family individually at least twice and with the entire K'vutzah several times during the year);
- orientations to worship services and holidays;
- a Torah-related program for children attending the New Emanuel Minyan (during the time the adults participate in Torah reading and text study);
- K'vutzah-based activities;
- book discussion groups; and
- a Torah project.

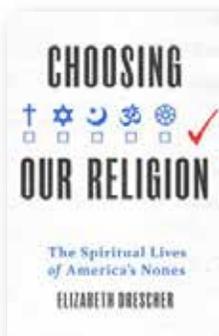


Families at the Center Strategies



1. Discovering God in Everyday Life
2. Living Faith Practices @Home
3. Celebrating Milestones
4. Celebrating Seasonal Events
5. Encountering the Bible through the Year
6. Intergenerational Connections: Community, Learning, Service
7. Building a Strong Family Life
8. Empowering Parents & Grandparents as Faith Formers

#1. Discovering God in Everyday Life



- Everyday experiences are the core resources of spiritual narratives, even for those affiliated with traditional religious institutions
- “The 4Fs” of contemporary spirituality: Family, Friends, Food, and Fido.
- “People feel most connected to whatever they understand as God, the divine, a Higher Power when they’re deeply engaged in the fabric of everyday life, spending time with family, with friends, preparing and sharing food, enjoying their pets.”

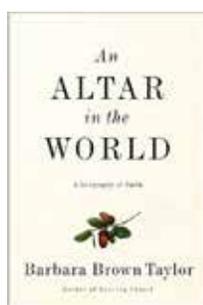
#1. Discovering God in Everyday Life

Spiritually meaningful practices:

1. enjoying time with family
2. enjoying time with friends
3. enjoying time with pets or other animals
4. preparing and/or sharing food/meals
5. praying
6. enjoying nature
7. listening to/playing music
8. enjoying/creating art
9. physical activity/sports
10. yoga and meditation

On the list of 25 items, the last three items were reading/studying scripture, attending worship, and attending a non-worship activity, event or meeting at church.

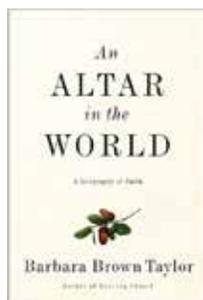
1. Discovering God in Everyday Life



Spirituality “may be the name for a longing for more meaning, more feeling, more connection, more life. When I hear people talk about spirituality, that seems to be what they are describing. They know there is more to life than what meets the eye. They have drawn close to this ‘More’ in nature, in love, in art, in grief. They would be happy for someone to teach them how to spend more time in the presence of this deeper reality. . . .”

“. . . the last place most people look is right under their feet, in the everyday activities accidents, and encounters in their lives. . . .the reason so many of us cannot see the red X that marks the spot is because we are standing on it”.

1. Discovering God in Everyday Life



... To make bread or love, to dig in the earth, to feed an animal or cook for a stranger—these activities require no extensive commentary, no lucid theology. All they require is someone willing to bend, reach, chop, stir. Most of these tasks are so full of pleasure that there is no need to complicate things by calling them holy. And yet these are the same activities that change lives, sometimes all at once and sometimes more slowly, the way dripping water changes stone. In a world where faith is often construed as a way of thinking, bodily practices remind the willing that faith is a way of life."

Discovering God in Everyday Life

Reflecting on the Day:

1. The Examen
2. The Faith5



Discovering God Everyday Life

- Christian Practices as a Focus for the Whole Year
 - September: Caring for Body
 - October: Celebrating Life
 - November: Discernment
 - December: Eating Well
 - January: Forgiving
 - February: Keeping the Sabbath
 - March: Managing Household Life
 - April: Praying Well
 - May: Reading the Bible
 - June: Transforming the World (serving, working for justice, caring for creation)
- Christian Practices as a Focus for a Season or a Month
- Christian Practices Connected to Worship and Preaching

Discovering God in Everyday Life

- 1. Embed and Equip**
Worship, learning, sacraments, retreats, and more
- 2. Create and Sponsor**
Family/intergenerational programs
Small group experiences
- 3. Equip and Resource**
Print, audio, and video resources for discovering God and for living practices in everyday life
- 4. Connect and Engage**
New settings for spiritual conversations

#2. Forming Faith at Home

A Household Curriculum

Content: Eight Faith Forming Processes

Settings: Home, Intergenerational, Church Life, Parents

1. Home: What are families doing to grow in faith and discipleship in each of the eight faith forming processes?
2. Intergenerational: How are families connected to the other generations at church?
3. Church: How are congregations empowering, resourcing, and supporting families to grow as disciples & practice their faith?
4. Parents: How are congregations empowering, resourcing, and supporting parents as faith formers?

#2. Faith Forming at Home

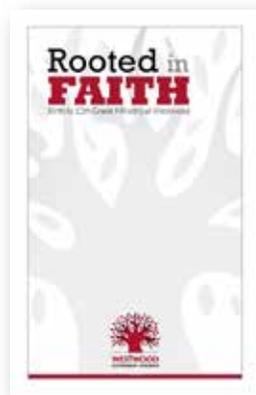
Developmentally-Appropriate: Content accommodated to the needs and interests of each stage *and* to the way young people think and assimilate information and values at each life stage.

1. young children (0-5)
2. older children (6-10)
3. young adults (11-14)
4. older adolescents (15-18)
5. emerging adults (19-29)

#2. Faith Forming at Home

Stage:	Home	Intergenerational	Church	Parents
Caring Relationships				
Celebrating Seasons				
Celebrating Rituals & Milestones				
Learning the Christian Tradition				
Praying & Spiritual Formation				
Reading the Bible				
Serving/Working for Justice				
Worshipping God Together				

#3. Celebrating Milestones



First Year – Baptismal Remembrance (A Gathering for newly baptized)

Toddlers – Creation (Care for the World God made)

Pre-School One – Bible (Receive a Story Bible)

Pre-School Two – Worship (Proclaim Christ and help in worship)

Pre/K/K – Service (Serve your neighbor as Jesus commanded)

1st Grade – Lord's Prayer (Learn about prayer)

2nd Grade – First Communion (Share in the Lord's Supper)

3rd Grade – Bible (Receive a more age-appropriate Bible)

4th Grade – Baptism (Learn about Lutheran Baptism)

5th Grade – Ten Commandments (What do they really mean?)

6th Grade – Apostle's Creed (What do Lutherans believe?)

7th Grade – Bible (Receive a Bible with commentary & questions)

8th Grade – Elder Wisdom (Faith through the generations)

9th Grade – Sexuality (Loving and serving our neighbor)

10th Grade – Affirmation of Baptism (Public affirmation of promises)

11th Grade – Vocation (Live among God's people with care)

12th Grade – Real World (Tools for living on our own, importance of faith)

#3. Celebrating Milestones

1. Birth / Baptism
2. Starting School Year
3. First Communion
4. Receiving a first Bible
5. Confirmation
6. Graduation (HS, College)
7. Engagement
8. Wedding
9. Retirement
10. Death / Funeral

#3. Celebrating Milestones

1. a ritual celebration or a blessing marking the milestone with the whole church community
2. a home ritual celebration or blessing marking the milestone
3. a learning program, often for the whole family or intergenerational, that prepares the individual and the whole family for the milestone and for faith practice at home
4. a tangible, visible reminder or symbol of the occasion being marked
5. resources to support continuing faith growth and practice after the milestone

#3. Celebrating Milestones: Baptism

Church

- Mentors/Coaches
- Parent preparation
- Family gathering
- Ritual
- Intergenerational connection
- Celebration of Baptism
- Reunion
- Baptismal anniversaries

Home

- Caring conversations and storytelling
- Celebrating rituals
- Learning
- Praying
- Reading the Bible
- Serving
- Worshipping together

Build on an Event/Experience (Sacraments, VBS, Mission Trip, and much more)

Preparing

- What types of experiences, programming, activities, and resources will you develop to prepare people for the event?

Experiencing

- How will you design the event?
- How will you engage age groups, families, and the faith community?

Living

- How will you sustain/extend the event?
- What types of experiences, programs, activities, and resources will you offer people?

#4. Celebrating Seasons

Calendar Year

- New Year’s Eve and Day
- Martin Luther King Jr. Day
- Valentine’s Day
- St. Patrick’s Day
- Earth Day
- Mother’s Day
- Memorial Day
- Father’s Day
- July 4 – Independence Day
- Labor Day
- Start of School
- Halloween
- Thanksgiving

Church Year

- Advent
- Christmas
- Epiphany
- Ash Wednesday
- Lent
- Holy Week
- Easter
- Pentecost
- St. Francis Day–Blessing the Animals (October 4)
- All Saints and Souls (Nov 1-2)

Example: 40-Day Lent Curriculum

Church Life →	Daily & Home Life	← Online Life
<ul style="list-style-type: none"> • Ash Wednesday • Lenten Sunday liturgies • Stations of the Cross • Lenten prayer • Lenten retreat • Lenten service • Lenten soup suppers 	<ul style="list-style-type: none"> • Fasting • Praying • Service/ Almsgiving • Lectionary reflection • Family activities 	<ul style="list-style-type: none"> • Lenten learning resources • Lenten calendar • Daily Lenten prayer • Weekly table prayer • Video resources • Online retreat experience

Example: Earth Day

Community	Church	Home
<ul style="list-style-type: none"> • Community cleanup • Planting a community garden • All ages workshop on caring for creation • Story time at the library on environmental awareness 	<ul style="list-style-type: none"> • Ecumenical prayer service • Intergenerational program on theology of caring for creation • Church audit • Global project for whole community 	<ul style="list-style-type: none"> • Recycling activities • Planting a family garden • Meal time creation prayer • Daily Bible verses for April • Children's activities • Storybooks and videos • Home audit

#5. Encountering God in the Bible

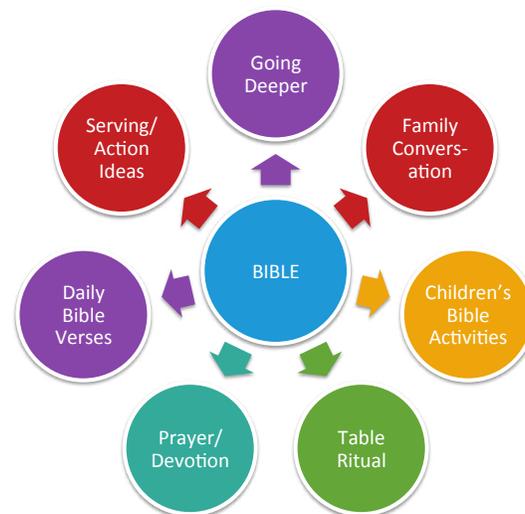
1. Scripture in Sunday Worship
 - Lectionary
 - Sermon Series
2. Exploring the Bible—Family or Intergenerational Programs
 - A Tour of the Old Testament
 - A Tour of the Gospels
 - Walking with Jesus
 - Journeys of Paul

#5. Encountering God in the Bible

Scripture in Sunday Worship Intergenerational & Home Faith Formation

September: 24th Sunday in Ordinary Time
 October: 28th Sunday in Ordinary Time
 November: 32nd Sunday in Ordinary Time
 December: 2nd Sunday of Advent
 January: Baptism of the Lord Sunday
 February: 1st Sunday of Lent
 March: Palm Sunday
 April: 4th Sunday of Easter
 May: Holy Trinity Sunday

#5. Encountering God in the Bible





#6. Connecting Intergenerationally

1. **Becoming Intentionally Intergenerational**
 - Identify ways families are current connected and engaged intergenerationally in the faith community
 - Develop ways to strengthen IG connection and engagement
 - Create new ways to connect and engage families
2. **Intergenerational and Family Learning**
3. **Intergenerational Family Service**

#6. Connecting Intergenerationally: Learning

HI-life Gatherings...

With your whole community (children, youth, and young adults), you have a unique opportunity to explore the richness of God's Word and the beauty of His love. During this year we will explore the guidelines that God has given us to live lives of love and faithfulness, including the Ten Commandments and the Beatitudes. We encourage participants of all ages to participate in our HI-life Gatherings – our intergenerational learning opportunities that are the foundation of our lifelong faith formation process. Our monthly gatherings are a time of fellowship, faith formation, and fun.

- Sharing a Simple Meal Together**
No cooking – just eat and enjoy!
A typical Gathering may be welcomed by guests in the Hospitality Room and escorted to a table in the Fellowship Hall to enjoy a meal with fellow participants of all ages. At your table there might be a single adult, a family of four, a mixed group, or an empty seat or two. There will be a couple of questions on the table to focus our table talk.
- Whole Group Sharing Experiences**
Closing of the Gathering for all ages
To conclude our evening, everyone remains in the church to share what has been learned, to pray together, and to be sent forth to continue learning at home in preparation for the church week or month which is the focus of the month.

HI-life Navigating Life with GPS – God's Proven System

Gatherings for 2009-2010

Rules of the Road – God's Commandments

Wednesday	September 9	5:45-8:30pm
Thursday	September 10	5:45-8:30pm
Friday	September 11	5:45-8:30pm

Respect and Protect All Life

Wednesday	October 14	5:45-8:30pm
Thursday	October 15	5:45-8:30pm
Friday	October 16	5:45-8:30pm

Give Way with Mercy and Forgiveness

Wednesday	November 18	5:45-8:30pm
Thursday	November 19	5:45-8:30pm
Friday	November 20	5:45-8:30pm

Stay on the Straight and Narrow Path of Fidelity

Wednesday	February 3	5:45-8:30pm
Thursday	February 4	5:45-8:30pm
Friday	February 5	5:45-8:30pm

Navigating with Integrity and Honesty

Wednesday	March 10	5:45-8:30pm
Thursday	March 11	5:45-8:30pm
Friday	March 12	5:45-8:30pm

Be a Good Steward of All God's Gifts

Wednesday	April 14	5:45-8:30pm
Thursday	April 15	5:45-8:30pm
Friday	April 16	5:45-8:30pm

Wednesday & Friday Gatherings are for all ages. Thursday Gatherings are for adults & teens.

#6. Connecting Intergenerationally: Learning

1. Bible Study
2. Family Time
3. Worship Skills
4. Recreation

GenOn Ministries

Elements of LOGOS

In local churches, LOGOS teams build intergenerational relationships between young people and caring, Christian adults of all ages through a four-part weekly format:

ACTS 2:42 (NRSV)
They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and to prayers.

- Bible Study:** A time for each group, or a combination of groups, to study the Bible as the model for Christ centered living. Churches can use non-denominational curriculum developed by GenOn for LOGOS (either "Talk for Life" or our high school Bible study) or something of their own choosing.
- Family Time:** The shared result is a time to gather regular "table families" of various ages who eat together each week for the entire program year. Kitchen teams prepare dinners that are served family style—with table settings and serving dishes practicing the art of serving one another.
- Worship Skills:** Choir, drama, bells, or other arts are showcased at LOGOS and then presented regularly in corporate worship. Each church decides the best fit with its own liturgical and worship style.
- Recreation:** All have great fun in a cooperative atmosphere, often drawing on the talents and interests of adults in the congregation willing to share their passions on a one-time basis or longer.

#6. Connecting Intergenerationally: Learning



- A flexible, relaxed arrival time with drinks and snacks
- Creative exploration of a Bible story/ theme through creative experiences for people of different learning styles and of all ages. Children and adults are not separated and are encouraged to explore the story/theme together
- A short but explicit time of worship with story, music and prayers that builds on the creative exploration.
- A generous welcome and hospitality is expressed through a delicious home-cooked, sit-down meal with others

#6. Connecting Intergenerationally: @ Home





#7. Developing Strong Family Life

Family faith formation strengthens *family life* by developing the assets/strengths and skills for healthy family life and providing a supportive context for forming faith, living the Christian faith, and promoting positive development in children and youth.

- Developing family assets or strengths
- Promoting character strengths in young people through developmental relationships.

#7. Developing Strong Family Life

Family Assets – Search Institute



#7. Developing Strong Family Life

<p>Express Care: Show that you like me and want the best for me.</p> <ul style="list-style-type: none"> • Listen—Pay attention when you are with me. • Be Warm—Let me know that you like being with me and express positive feelings toward me. • Invest—Commit time and energy to doing things for and with me. 		<ul style="list-style-type: none"> • Show Interest—Make it a priority to understand who I am and what I care about. • Be Dependable—Be someone I can count on and trust. 	
<p>Challenge Growth: Trust that I try to continuously improve...</p>			
<ul style="list-style-type: none"> • Inspire—Help me see future possibilities for myself. • Expect—Make it clear that you want me to live up to my potential. 		<ul style="list-style-type: none"> • Stretch—Recognize my thoughts and abilities while also pushing me to strengthen them. • Limit—Hold me accountable for appropriate boundaries and rules. 	
<p>Provide Support: Help me complete tasks and achieve goals.</p>			
<ul style="list-style-type: none"> • Encourage—Praise my efforts and achievements. • Guide—Provide practical assistance and feedback to help me learn. 		<ul style="list-style-type: none"> • Model—Be an example I can learn from and admire. • Advocate—Stand up for me when I need it. 	
<p>Share Power: Hear my voice and let me share in making decisions...</p>			
<ul style="list-style-type: none"> • Respect—Take me seriously and treat me fairly. • Negotiate—Give me a voice in making decisions that affect me. 		<ul style="list-style-type: none"> • Respond—Understand and adjust to my needs, interests, and abilities. • Collaborate—Work with me to accomplish goals and solve problems. 	
<p>Expand Possibility: Expand my horizons and connect me to opportunities.</p>			
<ul style="list-style-type: none"> • Explore—Expose me to new ideas, experiences, and places. • Connect—Introduce me to people who can help me grow. 		<ul style="list-style-type: none"> • Navigate—Help me work through barriers that could stop me from achieving my goals. 	

#7. Developing Strong Family Life

Create a Family Life Plan for Each Life Cycle Stage

Using the Family Assets and Developmental Relationships, curate and create developmentally-appropriate programs, activities, and resources for families at each stage.

1. Family website
2. Parent programs
3. Family programs
4. Family mentors
5. Life cycle support groups for parents

#7. Developing a Strong Family Life

ParentFurther. Strengthen Relationships. Prepare for the Future. Understand Ages & Stages.

Great Relationships Don't Just Happen.

Strengthen Yours Here.

Express Care

Share Power

Prevent Alcohol and Tobacco Use

Spark Kids' Motivation

Coming Soon

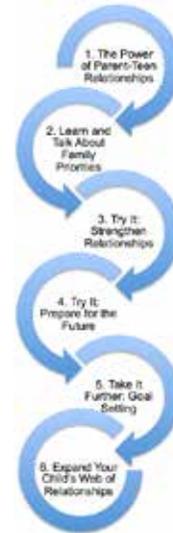
The Keep Connected Program

Building Relationships to Help Your Child Thrive Through Adolescence

Use ParentFurther to partner with families during the transition to middle school by offering this six-session program in your school, organization, or community. [Learn More.](#)

#7. Developing Strong Family Life

- Parent Program (*Keep Connected*)
- Family Programming
 1. Communicating effectively
 2. Establishing family routines: family meals, shared activities, daily commitments
 3. Celebrating meaningful traditions and rituals
 4. Discussing tough topics
 5. Making decisions and solving problems as a family
 6. Learning how to build strong relationships and express care for each other
 7. Developing the strengths & potential of children & youth
 8. Supporting each other: encouraging and praising, giving feedback, standing up for each other
 9. Treating each with respect and dignity



#8. Empowering Parents & Grandparents

Twin Tasks

1. Promoting the faith growth of parents
2. Developing the faith forming skills of parents

Content

- Theological and spiritual formation of parents
- Skills for parenting for faith growth
- Knowledge and skills for parenting

#8. Empowering Parents & Grandparents

Guides for Developing Parent Programming

1. Address diverse spiritual-religious identities of parents.
2. Have parents practice new skills with their own children during program sessions.
3. Give parents a plan for parenting.
 - Give them a plan for parenting proactively.
 - Show them how it works.
 - Tell them what to do today.

#8. Empowering Parents & Grandparents

Guides for Developing Parent Programming

4. Address the levels of partnership with parents.
 - Aware
 - Involved
 - Engaged
 - Invested
5. Design programs that engage parents in the learning experience.
6. Use a variety of environments & methods to engage all parents.
7. Use online platforms and digitally enabled strategies.

#8. Empowering Parents & Grandparents

Ideas for Parent Programming

1. Parent website
2. Parent programs—a progression of workshops, webinars, and/or courses for each stage of the lifecycle
3. Laboratory experiences—immersion/hands-on experiences through church events or family/intergenerational programs
4. Parent mentors
5. Lifecycle support groups for parents
6. A parent catechumenate—around key milestone experiences and “moments of return”