

10 THINGS YOU CAN DO TO HELP YOUR KIDS BUILD HEALTHY FRIENDSHIPS

PARENTS,

For this month's toolbox resource, we wanted to provide you with some practical things you can do as a parent to help equip your kids to learn how to **BUILD, DEVELOP,** and **DISCERN** healthy friendships; the kind of friendships that will **LEAD THEM CLOSER** to Christ instead of pulling them away. So try to incorporate some (or all) of these things into your life and family rhythm as you lean into this crucial part of their development.

- 1 Model having healthy friendships **IN YOUR OWN LIFE.**
- 2 Look for opportunities to talk about how having healthy friendships has **IMPACTED YOUR LIFE.** Also, be bold enough to also talk about when unhealthy friendships brought you down or steered you away from who God **CALLED YOU TO BE.**
- 3 Talk about Proverbs 13:20 and help your kids to **INTERNALIZE** this verse and **UNDERSTAND** its importance.
- 4 Pray for your kids to be **DISCERNING** when it comes to their friendships. Pray for God to bring them **HEALTHY, ENCOURAGING,** and **GOD-HONORING** friends.
- 5 Make sure your child clearly understands your family's **BOUNDARIES** and **EXPECTATIONS** when it comes to friendships. Kids need to know what activities and behaviors are on the yes and no lists so that they can better navigate play dates or other times with their friends.
- 6 Organize **OPPORTUNITIES** for your kids to build healthy friendships through play dates and family outings. Put in the work to get to know the **PARENTS OF YOUR CHILD'S FRIENDS,** as these people will also have a voice of influence in your child's life.
- 7 Make church a **PRIORITY** so your kids can find friends who share their same **FAITH, MORALS,** and **VALUES.**
- 8 Talk with your kids about what it means to **BE A GOOD FRIEND** and how being a good friend **ATTRACTS** good friends. Be sure to praise your child when you see them displaying these qualities of a good friend to their siblings and peers.
- 9 Teach your kids to **ENCOURAGE, SERVE,** and **FORGIVE** others, which are parts of being a good friend.
- 10 Find some parents who have kids in a developmental **STAGE OR TWO AHEAD OF YOU** and ask them how they navigated helping their kids at different stages with their friendships.