

HANG TIME

FIGHT FOR THE HEART EDITION

How do we fight for our kids' hearts? We fight by listening. We listen to their words—the things they say and don't say. We fight by paying attention. We pay attention to their likes, dislikes, embarrassments, and hurts. We fight by being intentional. When you fight for your child's heart, you prioritize your relationship with them.

Start by completing one, two, or all of these activities. Feel free to edit them in ways that best suit your family!



Role Reversal. Your life may seem like it revolves around your kids, but a parent is typically the one running the agenda. So switch it up and let your kid plan an entire day this month. Give them a budget and let them decide what they want to do to connect one-on-one or as a family—maybe a little Frisbee golf or video games? How about a scavenger hunt or clothes shopping? You'll find yourself learning more about them and connecting to their heart in a unique way.



Reset Button. We all have those days when nothing seems to go right—someone bombs a test, fights with a friend, or burns dinner. This month, have a reset button, an action to uplift spirits when things go wrong. Find a small box and label it your "Reset Button." Have every family member submit a few ways they like to reset. Write those down on strips of paper and place them in the box. These could include a dance party, bike ride, art project, 10 minutes of quiet time, or their favorite takeout (which would take care of that blackened dinner!). This month, when everyone needs a good *reset*, choose one of those activities and watch your family's hearts grow even closer together.



Guest of Honor. One night this month, let each family member take turns sitting in the seat of honor at a meal. Let them choose the menu or the restaurant and be served or order first. But more importantly, have everyone in your family take turns telling that person one thing they like or enjoy about the guest of honor.



Make Your Own Holiday. As a family, brainstorm what you would do if you made your own national holiday. Then, make sure to celebrate your newly established holiday together. Need a suggestion? How about National Face Paint Day? National Foot Long Hot Dog Day? The possibilities are endless.



Sticky Love. Write down 30 things you love about your kid. Then grab some sticky notes and a pen, and write down one thing on each sticky note. Leave a note every day for a month somewhere they pass through each day—on their nightstand, on the bathroom counter, or beside their computer. Every day, your kid will get to read a specific word of encouragement about themselves.