



### **Three Tips to Keep Kids Strong and Healthy for School**

By Jeannette Paxia

- What steps do you take to keep your children healthy?
- Does your child have medical insurance with a primary care physician noted?
- What are your thoughts about allowing your children to play in dirt?

#### Bonus Questions:

- How can you keep your child healthy, emotionally?
- How often do you hug your child and tell him/her that you love them?
- How often did you get a hug from your parents when you were a child?

#### Reach UP to God:

- If you are struggling with showing love toward your children, then you need to seek help to understand why.
- Praying this prayer may help you. Pray- "Father, In Psalms 42:7 you said that the deep calls to deep at the sound of your waterfalls. Therefore, I need for you to call out to the deep parts in me so that I can be free from anything that is hindering me from showing affection toward my children."