

Fathers Podcast 11 Comings and Goings Part 4

Podcast Highlights

-It's critical to get your kids to bed at a consistent time and a consistent rhythm. It's beneficial to everyone.

-One on one time with each kid each night will honor them and make them feel connected.

-The mornings are just as important. Connect with the kids any way you can...have breakfast with them...make their lunch bags...write a note or text message. Find out the ways that will delight them.

- Not every kid is the same (not everyone loves reading books) so figure out what works best for each individual kid.

Thinking/Conversation Starters

-What did evenings and mornings look like in your birth family? What did you enjoy and not enjoy?

-What are some creative ways to say good night and good morning and celebrate with the kids?

Action Step

-Talk with your wife about ways to say good night and good morning to each kid.

There are eternal consequences to the seemingly inconsequential.

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