

## Tips for Parenting During Chaos

The past few months have been unprecedented and unnerving for all of us. The parents I work with are concerned with the effects of the pandemic, social unrest, and economic upheaval. Because mom and dad are the first line of defense for children, I continue to encourage parents to make the home a sanctuary, a place of refuge, for the whole family. This “home base” is where children feel loved, protected, and safe as well as a place to ask questions and discuss what’s going on in the world. The following questions have been asked most frequently by parents. Additional information on each topic can be found at [FaithFirstParent.com](http://FaithFirstParent.com).

### What do I tell my children when the world is in turmoil?

There are three main points children need to know when chaos is creating anxiety. Reassure your children in a calm manner, in close proximity, looking directly into their eyes, with the following statements.

1. God is in control.
2. You are loved.
3. You are safe.

### What and how much information should I share with my kids?

The truth is always the best. Keep to the high road, not blaming or pointing fingers but stating the issues clearly. Make sure the information you share is developmentally appropriate for the age and stage of your child. A good rule of thumb is “short answers for short people.” Limit media, including social media platforms, with all kids but especially young children. With teens, initiate conversations regarding hot topics.

### Where is God in a time like this?

He is present, always. *Do not let your hearts be troubled and do not be afraid*, (John 14:27). The Bible tells us not to be afraid 365 times, once for each day. This is not a coincidence! As a family, look for daily blessings. Find good in the world when the darkness becomes overwhelming. Something as seemingly simple as a sunset can be a reason to smile and thank God.

### How can I use scripture to learn, discern, and protect my family?

Read the Bible as a family. Use an age appropriate version for your kids (children’s, elementary, teen). Discuss the verses and how the truth of God’s Word can be applied. Choose scripture to pray, inserting the names of family members into the verses.

Choose an online tool for Bible study. Check out the study tools and reading plans for further learning. These are my four favorite resources.

- The Bible App [youversion.com/the-bible-app/](http://youversion.com/the-bible-app/)
- Bible Study Tools [biblestudytools.com](http://biblestudytools.com)
- Bible Hub [biblehub.com](http://biblehub.com)
- Bible Gateway [biblegateway.com](http://biblegateway.com)

Now to him who is able to do immeasurably more than all we ask or imagine... Ephesians 2:20a

