

HAM LANE FLN

FAMILY LIFE NEWSLETTER

NATIONAL WELLNESS MONTH

I am by no means an authority figure when it comes to health. I try to set aside a couple times a week to exercise, as well as put a few healthy things into my diet, but believe it or not, according to many recent studies, one of the best things I can do for my health is go to church. Regular church attendance has been linked to everything from reduced stress, to a happier marriage, and even a longer life expectancy! And while these things might be a surprise to non-Christians, to us who believe, it's simply another justification that when we live life the way God desires us to, we will see its benefits and reap the rewards. I would even go as far as to challenge you to give it a try and see if its not true. Reconfigure your schedule for the next month to prioritize church activities and see if you can't tell the difference. But don't just show up; show up and serve. Show up and encourage. Show up and participate in sharing life together in community with the redeemed of God. I promise you won't be disappointed!

SOMETHING WE LIKE

You may or may not already know this, but our church subscribes to an amazing catalog of video resources through RightNow Media, and you can get free access to it at home! There's an endless supply of home discipleship teachings and trainings, as well as fun and wholesome entertainment for the kids. To get started, simply send us your email address!



FAMILY PRAYER ACTIVITY

Establishing good communication with God at a young age is a habit that will last a lifetime. Studies have shown that just 12 minutes of prayer time a day has the power to decrease blood pressure and heart rate, as well as depression, anxiety, and PTSD. It also increases self-control, discipline, love, and forgiveness. But, of course, most importantly, it brings us closer to our Creator and Sustainer, the Lord, our God.

Through this week-long prayer activity, families can develop a shared time of daily prayer, so don't miss out on this amazing opportunity!

BACK TO SCHOOL ROUTINES

Adapted from: Helping Kids Back Into the School Routine. Written By: Lianna Wilson, MA, and Sarah Straus, MS
<https://childmind.org/article/helping-kids-back-school-routine/>

As the summer comes to a close and school is getting back into session, here are a couple quick reminders to help make the transition from the beach to the classroom easier for you and your child.

Validation: Let your child know that their nervous or apprehensive feelings about the start of school are normal. All kids (and adults!) have a hard time getting back into the routine of the school year. The knowledge that they are not alone in this experience will help your child feel they're being heard and understood.

Morning Routines: A common change that occurs as we begin the school year is a new morning routine. To help your child be successful, discuss what their morning routine will look like during the school year. This way, your child knows what will be happening and has clear expectations that are valuable to them under the time pressure of getting ready for school. Provide your child with simple, well-defined, and easy steps for their routine so they have a clear idea of what you expect and so that it's easy to follow along with you!

(continued on page 2)

CONTINUED FROM PAGE 1

Homework: Another transition that can be rough after a summer break is homework completion. Like the morning routine, providing your child with a structured schedule can help them stay focused and motivated. Completing homework as soon as school is over and with continuous parental support will take advantage of the daylight hours and provide encouragement, motivation, and assistance when needed. Snacks are a great way to keep your child's energy up while they work through those tough math problems.

Bedtime: Bedtime is one of the hardest transitions. Children may be accustomed to going to sleep later and/or waking up later during the summer, so the new school schedule can be difficult to get acclimated to. As with the morning routine, having a nighttime schedule can assist in creating a structure for your child. Set your child up for success with clear expectations, simple step-by-step instructions, and praise them at the completion of each step. Most kids want more time watching their favorite TV show or finishing that last level of a video game, so setting time limits can be a great way to put a boundary around the winding down time that they need each evening.



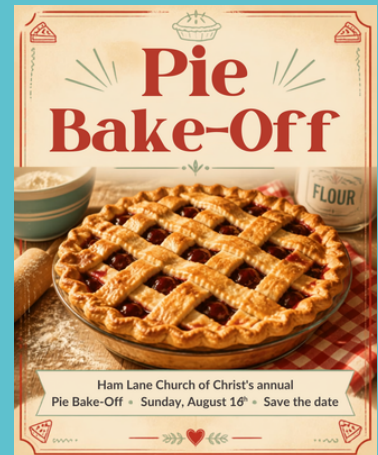
SUMMER FAMILY FUN!

We've got something special going on here at Ham Lane...a loving church family that enjoys being together! Whether its a cornhole competition, a weeklong Vacation Bible School, or just a good ol'fashioned ice cream social, we know fun will be had by all. And more than just fun, spiritual formation happens when we do life together, so come be a part!

FAITH CONVERSATION STARTERS

- What's something healthy you do for yourself?
- What is the church? How would you describe it?
- Why do you think going to church is good for you?
- What is your favorite thing about church?
- What is one thing you can do to contribute to the church's vitality?
- Are you looking forward to this school year? Why or why not?
- If someone were nervous about something coming up, what could you say to them to calm their nerves?

COMING UP SOON!



Have an amazing pie recipe you think could win, or just like to eat good stuff? Gather up some friends and join us for our annual Pie Bake-Off! Check the Sunday announcements & bulletin for sign-up details and start time.



Games, movies, video games, snacks, and awesome church family, what more could you ask for!! Always the last Friday of the month at 7pm. See you there!

MEMORY VERSE

“I was glad when they said to me, ‘Let us go to the house of the Lord!’”
—Psalm 122:1