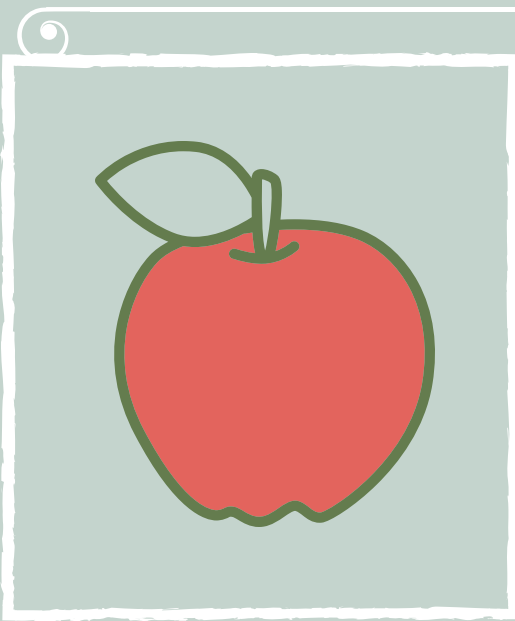




A QUICK GUIDE TO

Helping your child through a stressful time a.k.a exams

Intentional parenting one day at a time

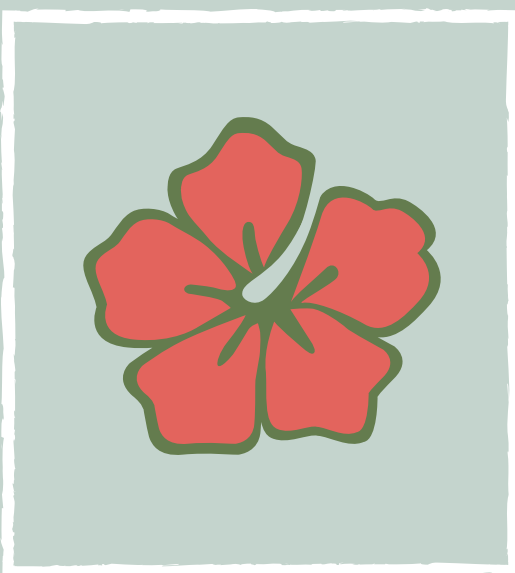
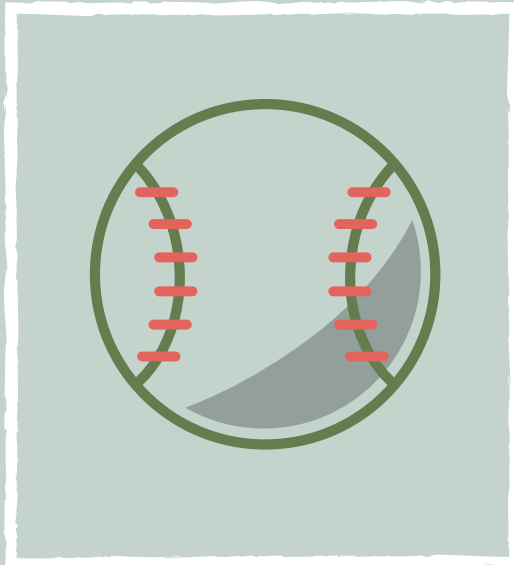


Feed them well

Provide healthy treats to combat mood swings. Limit sugar and junk food.

Encourage your kids to move

Help them to take breaks. Remember to get them moving. A gentle walk or fast run boosts their happy feelings. Its good for them.



Pray for your kids & encourage them

Take time to pray with & for them. Speak words of hope. Listen with compassion & love. Make time to connect with each child. Help them set goals & be their biggest fan.

Set limits on their use of electronic devices

Guide them wisely & set healthy parameters on their use of digital devices. That being said, give them time to interact with their friends too.



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