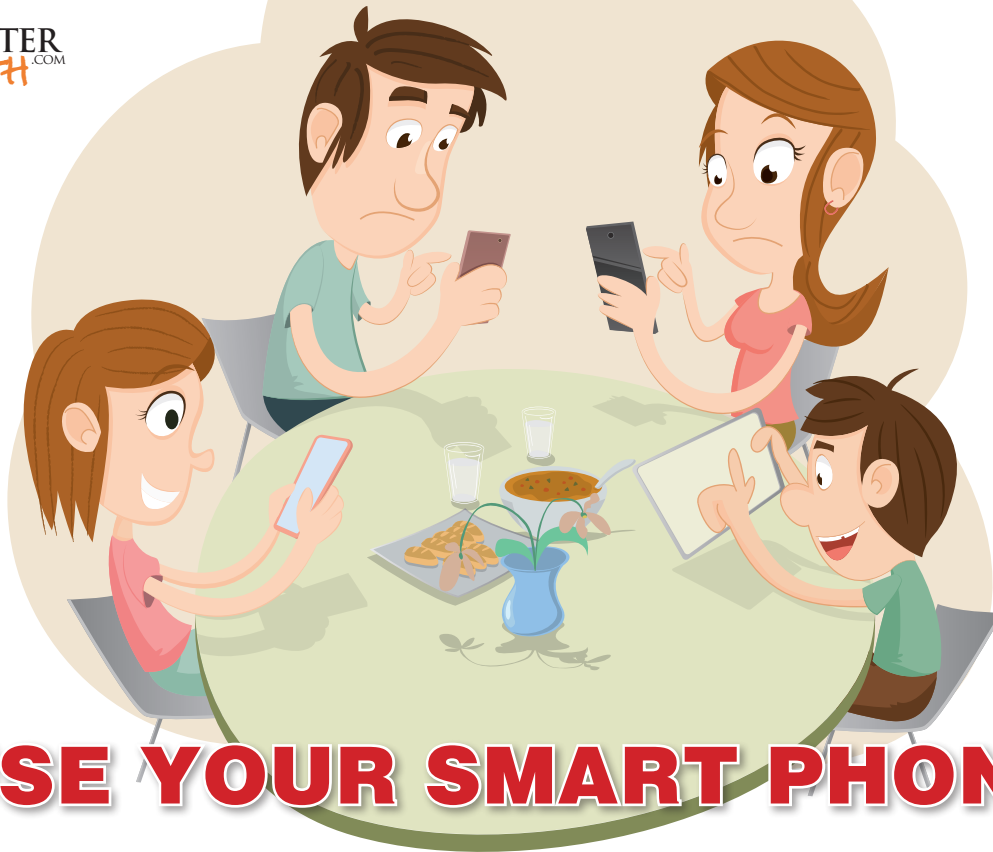


Want Better Connection With Your Kids?

CHARACTER
HEALTH.COM



USE YOUR SMART PHONE!

*Ten ways to start a character conversation with today's "In Touch" generation!
From America's Parenting Team, Dr. Steve and Megan Scheibner*

Are you looking for ways to proactively interact with your kids throughout the day?

Are you frustrated that they always seem to be "heads down," when you're hoping to share times of conversation and relationship building?

Do you wish your kids would really "hear you?"

Using your phone to connect with your kids is easier than you think! Screen time can become a great way to build relationship and your kids will love the interaction. Consistent communication with your kids via text will build great habits of interaction and those

daily texts will become an anticipated part of your children's routine.

Daily texts provide a perfect platform to introduce and reinforce Christ-like character training. Asking your kids great character-focused questions will help them to include character healthy living as a natural part of their day. Avoid open-ended or feelings-driven questions, and instead keep the emphasis on others-oriented and self-sacrificial character. Below are ten questions to get you started, but don't stop there... Use your imagination and watch your relationship with your kids flourish and grow!

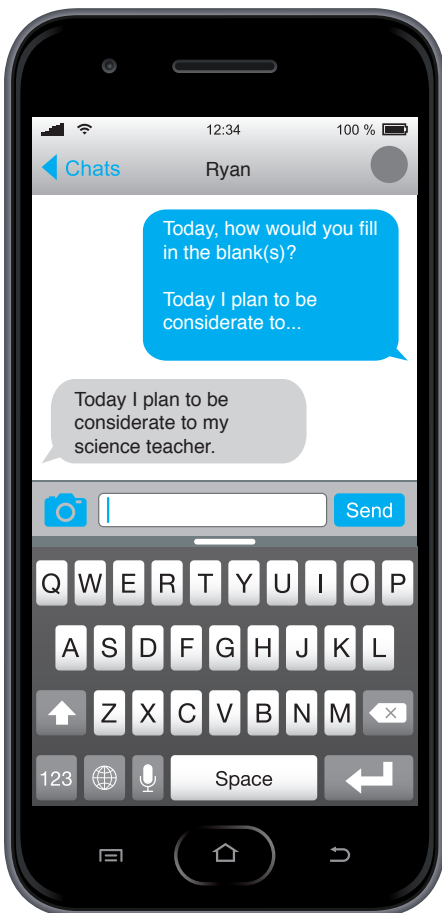
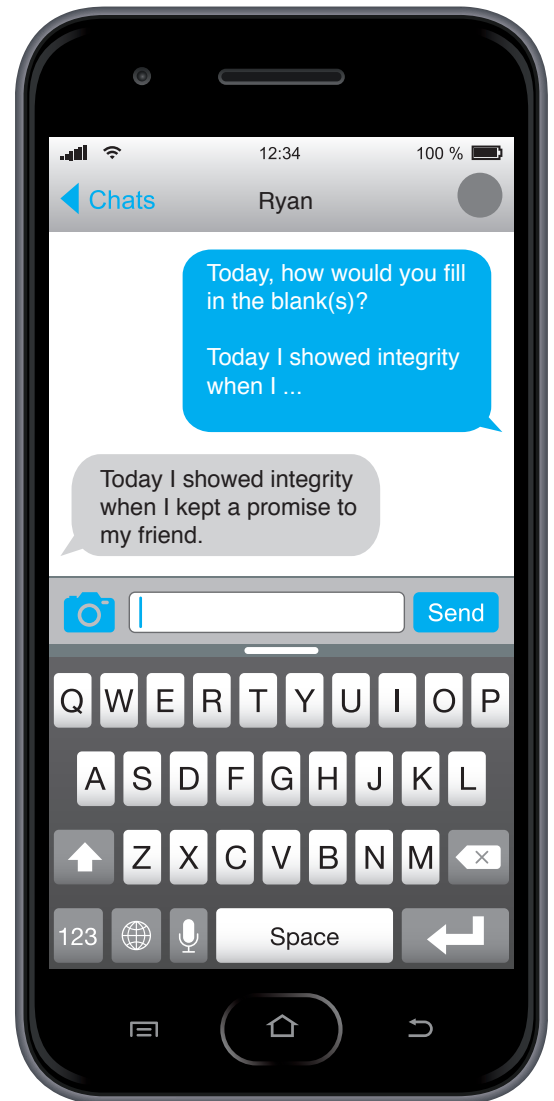


Ten ways to start a character conversation with today's "In Touch" generation!

Begin every text with this statement: "Today, how would you fill in the blank(s)?" Remember to provide a blank to fill in!!

Then simply text the following to your child...

- Today I was proactive when I made the choice to...
- Today I was encouraged by ...
- Today I showed integrity when I ...
- Today I shared _____ with...
- Today I showed thankfulness by...



Encourage your kids to make a plan to "live out" character with questions like these:

Today I plan to be kind to...

Today I plan to be considerate to...

Today I plan to encourage these 3 people _____, _____, _____.

Today I will look for someone to include by...

Today I will give up my right to _____, by allowing _____ to do it instead.

Send your texts out each morning to start your kid's day off on a positive note. Looking for character qualities to use? The Characterhealth.com Character Quality of the Day is a great place to start, or purchase our Character Matters Daily Devotional for 365 days of powerful character training.