

8 Essential Vitamins for Your Children - (Ephesians 6:1)

1. **PEACE:** a home should be a peaceful place, not one full of turmoil.
2. **TRUTH:** a child needs to know truth from lies. Children learn this discernment from their parents and from the Church.
3. **MODEL:** children learn what they see you live, not through scolding or words. They need a “hero” – that would be you, their parent.
4. **ESTEEM:** rejoice in what they do when not disobedient. Build your kids up; don’t tear them down.
5. **ACCEPTANCE:** show love to your child no matter what they do. Do not withhold love, even when they need to be disciplined.
6. **AFFECTION:** a regular diet of hugs, kisses, and physical touch.
7. **DISCIPLINE:** children need to know doing right from wrong, and it is our job as parents to teach them. Good parenting is a constant balance of Godly discipline and unconditional love.
8. **PROTECTION:** it is our duty and responsibility to guard our children from what comes into our house whether it be through the TV, computer, or other means. We must protect them from harm according to God’s Word.

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