



HOW TO USE THE LIFE MAPS AND CONVERSATION GUIDES

As a parent, you know you should talk to your kid about certain topics, but you may not know where to start—or when. Issues like their changing bodies, cyber-bullying, and questions about faith can feel overwhelming for any parent to navigate. While the conversation may involve moments of awkwardness, we want to help you do the hardest thing—start. Use the life maps and conversation guides to figure out where to jump in to meet your child in the phase he or she is in.

LIFE MAPS

Every phase is a timeframe in a kid's life when you can leverage distinct opportunities to influence their future. During each phase, there are critical conversations each child needs to have: Technological Responsibility, Sexual Integrity, Faith, and Health.

The Life Maps function as summary charts to inform parents and give an overall picture of the unique characteristics of each phase to help engage kids in these timely conversations. The maps help you see upcoming phases as well as phases they may have already traveled through.

The Life Maps are divided into sections by phase with specific strategies, questions, and words you can say to engage your kids in a meaningful, practical, age appropriate way.

The hope is that by identifying your child's developmental needs, you can parent more intentionality with confidence.

CONVERSATION GUIDES

There are Conversation Guides focused on four different critical conversations (Technological Responsibility, Sexual Integrity, Faith, and Health) that provide age-appropriate conversation starters, questions, and sometimes, activities to further the discussion.

Remember, Conversation Guides are meant to be just that—a guide. You know your child better than anyone. Don't be alarmed if your child doesn't align perfectly with a phase description. Use the components to maximize these ongoing conversations with your kid and to better understand them in the phase they are in today.