

Healthy touch, healing touch

These coming weeks we want to encourage you to practice healthy touch with your child.

Healthy touch means: touch or hold their hands gently, give them a pat in their back or shoulders, give more hugs, touch their hair or arms, etc.

These express love, value, acceptance, security, forgiveness, compassion, thankfulness, etc.

We might need to do a conscious effort at times and sometimes we will be rejected but, keep in mind it doesn't necessarily mean "I don't love you", it might be "I'm uncomfortable", "I was never held/touched like this, I don't know how to respond", "It's hard for me to trust you won't hurt me later", etc. Try to see what might be behind the behavior and don't take it personal.

If you receive inappropriate touch from your child, instead of punishing, we motivate you to teach them the proper way of using their hands and giving hugs.

Remember: physical punishment should not be an option for correcting or eliminating inappropriate behaviors. This only brings back to their memory past abuse, feelings of inferiority, devaluation and it hinders healthy physical touch with your child, deteriorates trust and acceptance.

How do you feel touching your child? Is there anything that hinders you from touching your child in a healthy way? Are there any areas where you need to heal? If your answer is affirmative, we encourage you to take the necessary steps so you can heal and be able to connect better with those around you, specially the children God has placed in your family.



Where in the Word?

Multiple times we see Jesus touching others and they were healed. Whether they were physically, emotionally or spiritually ill, they received the special touch of Jesus.

- Jesus touched a man sick with leprosy and he was healed. (Mt 8:3)
- He touched and blessed the little children. (Mk 10:16)
- He healed a woman who had been bleeding for 12 years and called her daughter. (Lk. 8:43-48)

In spite of their background, Jesus came close and, with his touch, he gave them life, hope, future and welcomed them into God's family.

This week we pray that the Lord reveals more to all of us what it is to be part of His family and how His touch brought us out of the darkness into His wonderful light. May He continue to heal the deepest wounds, restore hearts and renew minds. May the children God has placed in our lives, experience the same loving and life giving touch of Jesus.