

Family Services Newsletter

Nº1
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Eye-Contact

This week we want to encourage you to set out a couple of seconds every time you interact with your child to really look at him/her in the eyes. Make sure your eye contact is intentional, gentle and kind.

When your child calls 'mom!'/ 'dad!' try to stop whatever you're doing and look at them softly in the eyes and answer their question.

If you can, dedicate a couple of minutes to their request, but if you can't, make sure you tell them "thank you for using your words but mommy/daddy is busy right now, I will be done in 5 (or X) minutes, let's set the timer so when the time is up we can ____'.

Make sure you keep your word!

This sends different messages to your child:

*"I care about you",
"I'm here for you",
"you can trust my word" and
"you can trust me".*

To practice, look at yourself in the mirror thinking about your child and see what's behind your eyes. If there's something you need to forgive and let go, do it and make sure your eyes are saying: "I'm here, you're precious and I'm thankful to be with you".



Where in the Word?

She gave this name to the LORD who spoke to her: "You are **the God who sees me**," for she said: "I have now seen **the One who sees me**." Gen 16:13

This is Hagar speaking, and we need to remember that she was rejected, abused, used and abandoned. And even after she went through all that, she experienced the God who sees. God **looked at her** and showed her favor and mercy.

We can also see in Luke 19:5

When Jesus reached the spot, **he looked up** and said to him, "Zacchaeus, come down immediately. I must stay at your house today."

Jesus looked up because Zacchaeus was up in the tree. I can't know for sure, but if Zacchaeus would have been on the ground I can almost picture Jesus bending to look at him.

We want to remind you that just as God sees us, and just like Jesus came down to look at us, save us and restore us, we can ask Him to help us look at our children and show them the same grace and love that has been shown to us.

We pray you experience this coming week **the God who sees you** and rest in that truth.