

Eagle's Landing Students



^ Wednesday night Thrive worship is back in full swing!
< Sometimes Thrive isn't committed to a theme.

HOW TO CHECK IN WITH YOUR TEEN



THE PERFECT WAY TO LEAD INTO
A LESSON TITLED
"HEALTHY HABITS"

Also Inside:

Get one-on-one communication with Treat and Chats
Growth opportunities for the whole family
Family Worship Night Highlight

Wednesday Kick Off

Wednesday Activities 6:30PM - 7:45PM
(Open Gym will be at 6:00PM)

Worship and fellowship at
Family Worship Night



Sunday Lifegroups

Meet in the Link at 9:45AM before breaking into classes for each grade/gender.

HAPPENINGS

Dig Deeper Resources

ARTICLES

[20 Questions to Help You Bond with Your Teen \(Parents.com\)](#)

[Tips for Communicating with Your Teen \(ChildMind.org\)](#)

[Conversation Tools for Talking with Teens \(CHCOnline.org\)](#)

TOOLS

Conversation starters such as:

- [Chat Pack Cards](#)
- [Table Topics Cards](#)
- [Would You Rather Books/Cards/Apps](#)
- [Question Lists on Conversation World](#)

Communication-based games:

- Cooperation games (Pandemic, Forbidden Island, etc.)
- Discussion games (Taboo, Balderdash, Apples to Apples, Telestrations)
- Get to know you games (The Ungame, Say Anything, ImaginIf)

BOOKS

[How to Listen So Your Kids Will Talk](#)
by [Becky Harling](#)

EMAIL LIST

[Culture Translator from Axis.org](#)

Need links? Check your email for the digital version of this newsletter.

How to Check in with Your Teen

With the start of this school year looking a little more "normal", you may find you and your teenager going in separate directions more often than not. Staying connected to your child may take more intentional effort, but it's worth it.

Struggling to find a way to initiate those moments of connection? Try some of these:

1) Push past the one-word answers "Fine" and "nothing" can be staples of the teenage vocabulary. Try to ask questions that can't be answered this way. Try "what did you learn" instead of "how was school". Follow up the first answer with the question "why" to go deeper and then another thought that shows you're interested and listening.

2) Invite them to share their opinions Often teens feel like no one is listening to them - particularly the adults in their life. Ask them what they think and be prepared to listen. Allowing them to disagree with you on impersonal topics will make it easier for them to share personal ones.

3. Talk beside them Face to face discussions can be intimidating. Try having a conversation in the car or while playing a video game. Having something else occupying your visual attention can make teens more comfortable when speaking.

4. Make it a habit or a game. Playing the game "High/Low" or "Roses and Thorns" which invite people to share the best and worst parts of their day on a regular basis can open pathways of communication. The bits and pieces shared will probably be trivial to begin with, but over time will become more significant and meaningful.

5. Share your own vulnerabilities Sharing some of your own thoughts, fears, and insecurities will make your teen feel safer sharing theirs. It can also remind you that mistakes and struggles are human and give you more patience with your child.

Always remember that the focus is to keep the conversation going. Don't make everything a lecture or a battle so that when it counts, they'll talk.

Family Fun Feature

One on one time with your teen can be difficult to find, especially if you have multiple children in the house. We all know it's important that every child feel seen and important but there are times it's easy to overlook someone.

This month, try going for a "Treat and Chat."

This is a simple concept. One parent takes one child out for a treat. It can be a cookie, an ice cream, a smoothie, or even a fast food meal. Pick up the treat and sit in your car or on a bench in a local park and talk. Any conversation is on the table so long as your child is the focus of it. Their favorite video games, what's going on at school, have they changed their favorite color lately.

Let each child have a "treat and chat" at some point in the month. It doesn't have to be with the same parent. If there are multiple parents in the house, try trading off months. This easy, quick habit tells your child they are important and you are listening.

Contact Us

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Web: eagleslanding.org/students/

(This account is private. Please message us when requesting access so that we know you are a student or parent.)

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Upcoming Events

One World Pageant - Sept 10-11

Register online to volunteer

8th-12th Girls - Lovely - Sept 12

\$10 - Please register ahead of time on Brushfire.

Fall Break - No Thrive - Sept 22

6th/7th Girls Breakfast - Oct 3

Ministry Spotlight

Growth Opportunities for the Whole Family!



You know we have Sunday and Wednesday gatherings for your student, but did you know we have the rest of the family covered to?

Pre-school

Care is available for kids Kindergarten and younger at 9:30 and 11:00 on Sundays. On Wednesdays, Splash starts at 6:30 with fun, worship and Bible stories for your youngest.

Children

For children 1st-5th grade, we have Sunday Lifegroups at 9:30 and Elevate at 11 in the Chapel. Saturate gives these children a chance to learn and explore and worship on Wednesdays at 6:30.

Adults

Lifegroups for a variety of ages and life situations start at 9:30. On Wednesdays, we have our Equip classes at 6:30. These 9 week classes cover a variety of topics. Choose the one that's right for you!