



FOR PARENTS

EC KIDS MONTHLY NEWSLETTER

November 2025

Tough Conversations

Some conversations are necessary but hard. What do you say to start these tough conversations?

What are my Kids Learning?

This month, we are learning more about God's Promises!

Resource Highlight

Here is one of my favorite books for kids to inspire a love for learning about God!

What's Next?

Check out what is upcoming at Eastland.

Tough Conversations

As Parents, you know more than anyone that some conversations are tough. There are some things you know you need to talk about with your kids, but don't know how to start the conversation, don't know how to deal with the awkwardness, or worry about being able to answer the questions that will come. Over the next few newsletters, we will talk about some of these issues and provide practical ways to approach tough conversations with kids of any age.

WHEN BAD THINGS HAPPEN

Remember, when something bad happens in your kid's life, it is also happening to you. Give yourself the time to process your emotions on your own and remind yourself that God is with you and you can help your kids through this!

We would love to help you as you navigate difficult conversations. I am available at ANY time to talk with you or your kids about what you are going through!

Conversation Starters for Kids:

- **For Younger Kids**

- Borrow their words. Use simple words that they can understand. Don't place blame and keep details spare if possible.
- Use a feeling chart/pictures to ask, "How are you feeling right now?"
- If they ask about a regular event that has changed, remind kids that sometimes plans change when bad things happen.
 - Say: "It's hard when things change. How do you feel when something changes?"
- Invite questions!
 - Say: "You can ask me anything. Even when bad things happen, I am always here to talk to you. Do you have any questions?"
 - In some cases, you may want to prompt certain questions, such as:
 - "Are you afraid about your safety?"
 - "Are you afraid about mom/dad's safety?"
- Remind kids often...
 - They are safe
 - You (Grown-ups) are in charge and will take care of them.

- **For Older Kids**

- Borrow their words. Use simple words that they can understand. Share limited details about the situation but invite questions.
- Give them paper or a journal and ask, "Can you write or draw how you are feeling right now?"
- Invite questions!
 - Say: "You can ask me anything. Even when bad things happen, I am always here to talk to you. What questions do you have?"

- It is normal for kids to ask questions about the "logistics" or details about the event, what happens next, or how their life will change.
- In some cases, you may want to prompt certain questions, such as:
 - "Are you afraid about your safety?"
 - "What scares you about what happened?"
 - "How can I help you feel safe?"
- During major events kids often get overwhelmed. It is important to give kids time and individual attention.
 - Bring kids to their "safe place" (room, playroom, backyard, etc.).
Say: I know this is difficult. It is always safe to talk to me about what you are feeling."
 - Invite kids to express their emotions in anyway they need to.
- Remind kids often...
 - They are safe.
 - They are loved.
 - God is with them.

Where to Turn / What to Say if they Ask:

- **Why is this happening? Why do bad things happen? Etc.**
 - Say: "God loves you so much. It makes God very sad when bad things happen. He never wanted it to be this way."
 - Say: "Jesus tells us in the Bible that even though bad things are going to happen, He will take care of us no matter what!" (John 16:33)
 - Say: "The Bible tells us that God is our refuge in times of trouble. That means we can always go to Him when we are sad, hurting, and angry. Even if we need to cry, yell, or scream, God can handle it. He loves us that much." (Nahum 1:7).
 - Say: "One day, Jesus will come back to Earth and everything will be better! There will be no more sadness, death, or fear. We know that God will keep His promise." (Revelation 21:4)
- **What happens when (a loved one) dies?**
 - Say: "God is sad when someone we love dies. His Holy Spirit can help us feel peace, even when we are sad."

- Say: "Jesus made a way for us to be with God forever in heaven when we die. Everyone who believes in God will go to heaven."
 - Say: "Jesus tells us that if we trust in Him, we do not have to be afraid of death, because we will be with God forever." (John 3:16)
 - **Did God do this? Did God make this happen?**
 - Say: Everything that God does is to keep us safe and to help us have a relationship with Him! God doesn't want bad things to happen to us. God doesn't cause bad things to happen to us. When bad things happen, it isn't because you've done something wrong."
 - Say: "God loves you and wants what is best for you. Even when bad things happen, God is with you."
 - Say: "Satan will try to use these bad things to make you mad at God, but God can use everything, even bad things, for good. We can trust God even when bad things happen."
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What are my Kids Learning?

Our lesson for the next 5 weeks will teach kids about God's promises! This month, kids will learn that God can be trusted and that He is faithful and just. He has never broken a promise, and he never will!

Here are the stories our kids are learning this month...

- November 2: *Noah* found in Genesis 6-9 - God always keeps His promises!
- November 9: *Abraham and Sarah* found in Genesis 12 - God promises that nothing is too difficult for Him!
- November 16: *God's Promise to Jacob* found in Genesis 28 - God promises to always be with you!
- November 23: *David Faced Goliath* found in 1 Samuel 17 - God promises that you can trust Him when things are hard!
- November 30: Worship as a Family!

As you leave each week, your kids will bring home an activity page for them, and a resource for you on what we learned that week!

DON'T MISS IT... Check out our Instagram (@eastland.kids) or Facebook (Eastland Kids) each Sunday at Noon for conversation starters - perfect for lunch or the car ride home!

November Memory Verse

"Every word of God proves true.
He is a shield to all who come to him for protection."
Proverbs 30:5, NLT

Levels of Biblical Learning

What are the "Levels of Biblical Learning?"

Think of the levels as objectives or goals that your kids should know after we have finished teaching that week, month, or quarter! We use these levels of Biblical learning at Eastland to ensure that what we are teaching is age-appropriate and useful for the foundation blocks your children are building in their faith, but you can use them too!

Each month, you can check here for bite-sized snippets from the book, "Every age Every Stage: Teaching God's truth at home and at Church," on ways to incorporate this month's truths into your discipleship at home, utilizing the levels of learning!

Preschool

God does what He says He will do

Here is a way that your family can incorporate this level of Biblical learning at home!

- **You** are the best representation of God to your young child. One of the greatest ways you can show your children that God does what He says He will do is by living that way too!
- Ask preschoolers to think of something that God can do (God can do anything, so help them get creative!).
- Use preschooler's ideas to say, "If God says He will _____, than He will!" Repeat with each idea!
- Repetition is your friend!

Elementary

God is fair and can be trusted!

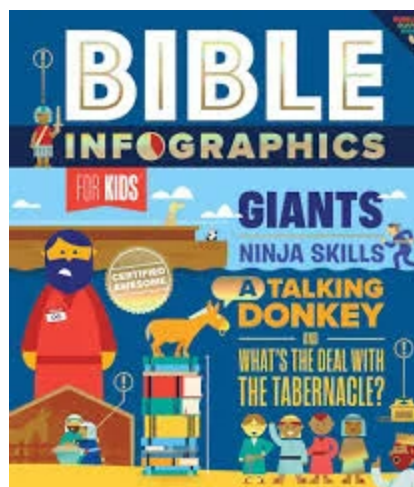
Here is a way that your family can incorporate this level of Biblical learning at home!

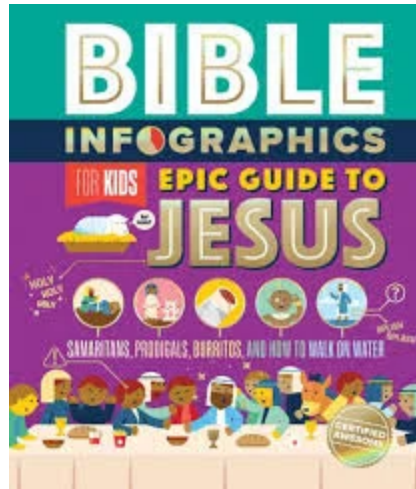
- When your child says "that's not fair" (and you know they will...) ask them, "What do you think 'fair' means?"
 - Fair or "just" is one of God's characteristics. Say, "We know what is fair because God showed us what it means to be fair. God gives us exactly what we need, and what we need is different than what someone else needs."
 - Talk about together, "How do we know we can trust God?" and "Why can we trust that God will do what is fair, even when it doesn't seem fair?"
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Resource Highlight

Does your kid love to read books about animals, airplanes, space, how things are made, or what things are? Chances are, they like reading facts - reading things that are true. One important idea that we share each week is that ***the Bible is ALL true!*** This month, check out Bible Infographics For Kids!

This is one of my favorite Bible fact books for kids! It is the most FUN way to learn the coolest and craziest things about God's word while sparking a love for learning about God!





October Announcements

What's New? What's Next? Get involved in what God is doing here at Eastland!

Stay tuned for the Winter calendar coming soon!

- **Sundays at 10 am, Oct 12-Dec 7:** Christmas Program Practices for kids 4 years-5th grade!
- **November 30 at 11 am:** Worship as a Family! Nursery care available for kids 3 years and younger.
- **Saturday, Dec 6 and Dec 13, 10 am-1 pm:** Christmas Program Practices for kids 4 years-5th grade!
- **December 7 at 6:30 pm:** Christmas Caroling at Liberty Ridge
- **December 14 at 11 am:** Christmas Program and Worship as a Family
- **December 24 at 5:30 pm:** Christmas Eve Service at Eastland

Please note: We will have regular kids programming on December 28th! We would love to see your family!



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