

Building faith in your 7 to 9-year-old

Children are becoming aware that not everyone is like them. They'll begin to understand that other people have different opinions and expectations and not everyone believes in God. They may begin to identify with others and be influenced by them, especially friends and celebrities.

There are some significant elements that help children to grow strong foundations in their faith. Here are some ideas for this particular stage of your child's development.



Care for the Family is a Christian initiative to strengthen family life. A registered charity (England and Wales: 1066905; Scotland: SC038497).

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Home

Your child will be trying to find their place in their friendship groups and the world. They may have a greater sense of justice, acceptance, fairness and compassion for others. Working with your child's temperament and interests to help them express themselves is so valuable at this stage.



Prayer

At this stage children may be able to concentrate for longer and can become absorbed in something they're interested in. Finding ways to connect with God through a game that grabs them, such as Scripture Union's Guardians of Ancora, may work well for your child. You can help them to develop their own relationship with God as they use some age-appropriate Bible reading notes or you share everyday stories of how God speaks to you.



Be real

Talking about different people's opinions, values and beliefs and how they may differ from yours, helps your child to understand and respect others. It also reinforces that they don't always have to be influenced by or have the same views as others.

Influence

Even though there is so much vying for your children's attention and influencing them, you can be louder than all the noise. Remember you are the greatest influence in your child developing faith!



Be intentional

Peer pressure can be a very strong and real issue your children face. You can help them to not do things just because their friends are by helping them to form their own opinions. When you take time to watch or read something together, you can help them to explore the themes from the perspective of your faith and values.



Inspire a faith that lasts



Belong

As your children are becoming more aware of others around them, could you connect them with other trusted adults in your church community? Perhaps they could regularly send a card or letter to an older member of the congregation and swap prayer requests. Investing in these relationships now can help create a sense of family and also provide other adults to support your children as they grow older.

The Kitchen Table Project is a faith-based initiative for Christian parents, carers, church leaders and children's workers from Care for the Family.

Check out our website to find out more about the elements that build faith, as well as a variety of books, videos, resources and blog posts. kitchentable.org.uk