

Dear LCC Parents,

Some of my favorite parenting highlights are around the dining room table as we gather together as a family for dinner. During this family time we often have vibrant conversations about all kinds of things. Sometimes we talk about school or some bizarre YouTube video, share our thoughts on God, or just ask random questions. These conversation times can be great, but they can also be difficult especially when the discussion turns to scary things that could be weighing on our kid's hearts like the Coronavirus.

Our kids are quietly looking to us for something, anything, to help make sense of what is happening in their world. For many students the fear and anxiety are mounting.

In times like these, parents need to have real conversations with our kids and help them process their fears about the Coronavirus in developmentally appropriate ways.

Though the spread of the virus has caused various levels of fear and anxiety, we want to remind ourselves what Scripture says about the peace we have through Jesus Christ (Philippians 4:6–7). We need to model for them the Bible's instruction for us "to cast our cares on Him" (Psalm 55:22), and to take heart knowing that God is ultimately in control (Isaiah 41:10). I encourage all of us to lead our kids to trust in God's faithfulness. Help them remember that God is always on the throne and that He is with us and will strengthen us. And let us never forget that challenging times provide great opportunities for us to pursue our mission and share the hope of the gospel. We do not need to fear!

While we do not need to be overcome by fear and panic, this does not negate our desire and responsibility to maintain safe and healthy environments at home and at church. At LCC, we strive to ensure that our nursery and Children's ministry spaces be a healthy environment for the children and for the families that serve in this ministry.

To help ensure a sterile and safe ministry environment, please do not bring your child if they are ill. I am asking all parents to review our NextGen Ministry sick policy as we work together to keep our kids healthy.

**Sick children should not be allowed in LCC Kids especially the nursery. Please make sure your child is free from diarrhea, runny nose, fever, vomiting, and any contagious disease for at least 24 hours. If the child is being treated with antibiotics, he/she should be on the drug for at least 24 hours before coming to the nursery. A child with a runny nose that is yellow or green will not be accepted. If your child is checked in and they are ill, you may be asked by the staff to keep your child with you.**

Please be understanding if a children's worker refuses to accept your child if he/she appears to be sick; we are trying to protect the health of all our children. While it may not seem like a serious illness to you, remember there are many other children that could potentially become ill after being exposed.

As a parent myself, I want to assure all LCC families that our NextGen ministry team will continue to be diligent in keeping our ministry space clean and sanitized. Any small toy in the nursery that has been in a child's mouth will be put immediately into the classroom sink to be cleaned and disinfected at the end of each shift. To help ensure the sanitary conditions of the nursery, the nursery is a sock only area.

**LCC Kids**

**LET'S STAY HEALTHY**

**Please stay home if your child has:**

- a fever over 100 in the last 24 hours without the use of medication.
- vomited in the last 24 hours.
- a persistent cough.
- green / yellow discharge from nose.
- redness or runny, crusty eyes.
- a sore throat.
- an illness treated by antibiotics for less than 24 hours.

**WASH HANDS**  
wash hands regularly with soap and water for at least 20 seconds (Sing the ABC's)

**We will continue to be diligent in keeping our space clean and sanitized**

We have also placed disinfectant spray bottles in every LCC Kids classroom to enable us to wipe down hard surfaces after use. Rooms are cleaned and disinfected multiple times throughout the week by church maintenance.

Thank you for partnering with us as we strive for all our babies, toddlers, and children to remain healthy and happy.

Below I have shared with you some articles that you might find helpful to use in conversations with our kids about the Coronavirus.

- [How to Talk to Your Kids About Coronavirus](#) PBS Parenting (by Deborah Farmer Kris)
- [Coronavirus Anxiety: Here's How to Talk to Your Kids about the Outbreak](#) Fox News (by Sissy Goff)

I have also included a resource entitled *How to Deal with Fears* (Youth Edition) that will help equip you to equip your kids to hold strong to faith even in the face of fear filled times. I pray these articles and resources are an encouragement to you and give you hope.

**IF YOU HAVE ADDITIONAL CONCERNS, QUESTIONS, NEED HELP OR PRAYER DURING THIS UNSETTLING TIME, PLEASE DON'T HESITATE TO CONTACT [PASTOR CORY](#) AT 320-762- 5424.**

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# PARENT CHEAT SHEET #1

## DEALING WITH FEARS - CHILDREN'S EDITION

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### EXPLANATION AND INSTRUCTION

*Young children deal with a variety of emotions, both negative and positive, as they develop emotional and spiritually. One the fastest growing emotional issues among children are around the various levels of "Fears."*

*Anxiety and fear disorders have been reported to be affecting 1 in 8 children nationally. These negative emotions can influence grades, sleep, and physical health.*

*Often, there are very common and normal fears children face as they develop.*

*Parents can deal with these common fears before they become something more serious.*

*As Christian parents, we have the opportunity to turn to God's word to help us deal with the common levels of these negative emotions in our child's life.*

*Even as parents, we need to make sure to deal honestly and biblically with our own parental and personal fears that may arise.*

*Here is a quick helpful resource to consider, pray over, and help deal with the 4 Kinds of "Fears" and 4 stages of "Fears."*



### FOUR KINDS OF FEARS



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# STAGE 1 - ANXIETY

## Definition

A feeling of anxiousness or nervousness based on something that is going on. Typically, uneasiness about a circumstance whether real or perceived.

### Common Anxiety/Stress in children

- Separation ●
- Changes or the Unknown ●
- Surroundings/Environment: Darkness, New Places or New People ●

## Biblical Encouragement



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

*Philippians 4:6-7*

## Biblical Instructions



Start by praying together about the situation.



Have them make a list of the things or reasons for why they are anxious or stressed.



Have them make a second list of the things that they know about God's Power.



Take a minute to think and process with your child about the situation. Pray over and through the emotions.

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# STAGE 2 - WORRY

## Definition

Allowing yourself to think about something to the point of starting to feel upset or distressed.

### Common Worries in children

- Loss of object or person ●
- Feelings of disappointment or disapproval ●
- Feelings of failure ●

## Biblical Encouragement



Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?"

*Matthew 6:25-27*

## Biblical Instructions



Identify the source or topic of worries.



Help them put their feelings into words



Pray together, and thank God for how He provides.



Take a minute to talk and think about how real or unreal the worry is. If there is a real problem, think of a plan to come up with a solution to the problem.

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# STAGE 3 - FEAR

## Definition

An emotional reaction to the belief there is the presence of danger or a threat. The feeling that there is impending pain or suffering, physically or emotionally.

### Common Fears in children

- Animals, bugs, or strange people
- Injury, illness or death
- Sleeping alone / kidnapped
- Imagined threats, monsters

## Biblical Encouragement



Surely God is my salvation; I will trust and not FEAR The Lord, the Lord himself, is my strength and my defense he has become my salvation. With joy you will draw water from the wells of salvation.

*Isaiah 12:2-3*

## Biblical Instructions



Start with calming your child down through physical touch and presence



Talk about trust and God's strength.



Talk about having faith in God. Think together about the idea that fear is the opposite of faith.



Talk about the idea that we have a God that we can trust and save us. Pray for God's strength and defense from all evil.

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# STAGE 4 - PANIC

## Definition

Overwhelming emotion, causing overpowering feelings of helplessness and physical terror/behaviors.

### Common Panic in children

- Feeling of immediate danger: thunder, lightning ●
- Emotionally overwhelming situations: death of a loved one ●
- Complete feelings of helplessness and loss or control: unfamiliar sound or sudden unexpected surprises ●

## Biblical Encouragement



God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” The Lord of hosts is with us; the God of Jacob is our fortress.

*Psalms 46:1-3, 10-11*

## Biblical Instructions



Find a “refuge” for your child by getting them to a “safe place” for them.



Calm your child down and get them to a point of “be still”. Consider breathing with them calmly. Rest your hand on their shoulder.



Pray over your child, reassuring them that you and God are present with them.



Talk calmly and rationally about the situation, circumstances, and their emotions. Reassure them of God’s control over all of life and situation.