

Black Mothers Forum, Inc. Prayer, Health & Wellness Team

--Mothers Building Up Children--

Bible-based Resources + Tips on Health, Wellness & Safety

Healing in Body, Refreshment in Bones

Proverbs 3:7-8. Encouragement to families to give respect and attention to who God is and stay away from evil; it will be good for our health!

Families Banding Together = GOALS!

Ecclesiastes 4:9. Encouragement that two are better than one and working together gives support and a better outcome from the effort!

- Parents, bring your children into health each day by giving thanks and “breaking fast” (eating breakfast)
- Nutritious foods at the start of the day, like fresh fruit, oatmeal or brown rice, and plenty of water to drink can help children have energy for their day
- Parents, eat your meals with your children and encourage slower eating while talking together
- Let children help plan and prepare meals to keep them involved in their health
- Bring children in on exercise activity or get involved in their happy physical play (30-60 minutes each day whenever possible)

Children Are Our Gifts

Psalms 127:3. Reminder that our children are a gift from God. Healthy thinking in this way toward our children will help them succeed!

Some Safe & Supportive Environments

Free Arts for Abused Children, Phoenix, AZ – <http://www.freeartsaz.org>

(Contact: 602-258-8100)

Child Crisis Arizona – <http://childcrisisaz.org>

(Contact: 480-834-9424)

Phoenix Children’s Project – <http://phoenixchildren.org>

(Contact: 602-955-2228)

Arizona Department of Child Safety Parent Guide – <http://dcs.az.gov/parents>

(Parent Assistance Center: 602-288-0155)



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Remember Good Sleep & Structure

Adequate sleep goes along with good nutrition and getting in enough physical activity in the day. Sleep helps parents and children restore their brains and allows their bodies to fight off infection. Keeping a schedule for children provides routine structure that they need (and actually want).

- Schedule family meetings, fun nights, and weekly activities for everyone in the home to be included
- Don't forget Vitamin 'S' (sleep) also helps your family be well. Rest is restorative and given to us by God. Hebrews 4:10; Matthew 11:28-30

Organize the Home Space

Proverbs 31:27. De-cluttered spaces, clean air, and children buy-in to House Rules

Share a Common Cause – Volunteer!

1 Peter 4:10. Use the gifts you have received to serve others...and do it together.

Graciously & Creatively Connect with Other Family

Colossians 3:13 tells us to bear with one another and forgive like God forgives us. Through forgiveness and grace, our families connect and stay strong!

- Pitch-in or hosted home meals (considering COVID-19 quarantine safety guidelines)
- Video conferencing calls (Zoom, Google Duo, Hangouts, Meet, Skype, FaceTime, etc.)
- Virtual game playing on the House Party app/website (Uno, etc.)
- Short, creative video messages shared on the Marco Polo or other video apps
- Video chat rooms in family groups on Facebook

