



Strategy #3: _____ and boundaries provide security.

Healthy routines create _____ kids.

Luke 4:16 (NIV)

“He went to Nazareth, where he had been brought up, and on the Sabbath day he went into the synagogue, as was his custom.”

Stress-reducing routines for blended families

- Provide a storage space for each child
- Expect chores in both households
- Make screen time and bedtime as similar as possible

Children need leaders (not tall friends) who establish _____.

Ephesians 6:4 (NLT)

“Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.”

Which routines are working in your family?

Which are not?

What new boundary needs to be established in your child’s life?

What boundary needs to be reinforced?