
April Challenge: Let's Talk Confidently about Love & Life

Relax. Take a breath. This is going to be easier than you fear. Just follow this three step process and become confident in your ability to share the truth about love and life with your children.

Step one in challenge is to view the Fertility Appreciation videos that can be found by clicking [here](#). Just follow the instructions on how to access the fertility appreciation videos for parents. After you have watched them, download the fertility appreciation packet which can be found [here](#). Do your best to complete the questions. As you will see, the correct answers follow each of the worksheets.

Step two involves keen observation. Turn up your radar by listening to what your children are saying and watching how they are acting. At the end of the day, record your answers to the following questions.

- *What type of day did my child have today?*
- *What issues (both positive and negative) did he or she deal with?*
- *How did he or she handle each issue?*
- *Would God approve of the way that the issues were dealt with?*
- *How can I help guide him or her through these issues in a way that pleases God?*

Keep a journal of your observations for a week or more. This will give you a more comprehensive idea of what is happening in your child's life.

Step three is the most important in the process. It involves engaging your child in discussion regarding God's plan for love and life.

This step begins with you identifying the situation that needs to be addressed. Generally, it will be one of the issues that you observed in step two. Write down your concerns. Next, pinpoint the Catholic moral issue that relates to the issue you will address. For example, if your child is confusing true love with feelings of infatuation, you will need to review Church teachings on authentic love that can be found in the Catechism of the Catholic Church which can be viewed on-line by clicking [here](#).

Once you have done both of these, write down the exact points that you want to share with your child. At this point, schedule a time to talk. As the conversation with your child unfolds, pay attention to what your child says to you. It will be very important for you to listen well so that you know exactly what they are thinking about what you said. At some point after the conversation, recall what objections or additional questions your child raised during your conversation. Finally, within 48 hours of your first conversation, follow-up with your child to find out what they are thinking now and what additional thoughts or questions they still have. If you think that the issue has been fully addressed, then you can move on. But, if there is need for more conversation, return to the beginning of step three and start again.

As you can see, this three step process can and should be used over and over and over again. Each time you need to start a conversation with your child, begin by learning what the Church says, then observe and then speak up and follow-up.

A detailed worksheet with more specific instructions can be found by accessing the [Necessary Conversations](#) segment of the Teaching the Way of Love program. Click [here](#) to order the segment. Just follow the directions to create an account and order the segment.