

PARENT'S GUIDE TO THE PHASES

There are approximately 936 weeks from when your child is born to when he or she moves on to their next after graduation. This number is only significant if you stop for a minute to consider what that really means: Your time to influence your kids while they are still kids is limited. This is not intended to make you feel guilty or sad, but to motivate you to consider how to be more intentional with the time you have left with them.

We believe there's more to a phase than just waiting for a series of undesirable characteristics to pass. We believe a phase is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future.

So how do you make the most of each phase? First you need to rediscover your kid in the phase they are in now—because they are constantly changing! Then you must determine how your role as a parent is changing in every phase. It's only then that you will be able to meet their unique needs, answer their critical questions, and influence their future.

Through a nationwide collaboration of teachers, parents, doctors, counselors, and leaders of kids, the **Just a Phase** project has developed a series of research-backed resources to help you understand and leverage each phase to its fullest potential. Here are some of the available resources:



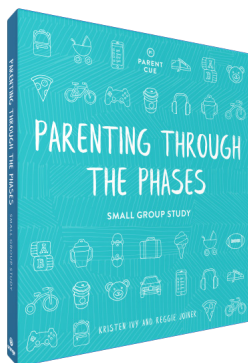
PHASE GUIDES

The Phase guides are a series of 18 interactive, journal-style books to guide you through each year of your kid's life from birth to graduation.

In each guide, you'll discover . . .
what's changing about your kid over the next 52 weeks,
the 6 things he or she needs most,
and 4 conversations to have in this phase.

And parents will discover their role in every phase . . .

- In Preschool: Embrace their Physical Needs
- In Elementary: Engage their Interests
- In Middle School: Affirm their Journey
- In High School: Mobilize their potential



PARENTING THROUGH THE PHASES SMALL GROUP STUDY

We don't want you to parent alone, so this study is designed to invite a group of parents who are either parenting in the same phase, or in different phases, to join a six-week conversation about things that matter in parenting. You'll want to pick up a phase guide for the phase of your kid to discuss with others in your group.



PHASE SUMMARIES

Each of the 18 summaries includes a brief description of the phase, growth and developmental insights, simple techniques for influencing a kid's mind and heart, and a road map for building a faith of their own. Keep this as a reference for a quick snapshot to help you gauge what is normal at this age, and to remind yourself what's most important to focus on in this phase.



PARENT CUE APP

The Parent Cue App is available for both iOS and Android platforms. Each week, the App gives you cues to help you make the most of everyday moments with your child. Also, we'll include phase specific information about the phase your child is in so you can get to know who they are and what they are experiencing.

For these and other great parent resources, visit the Parent Cue store.
parentcuestore.org.