



parent tips



How to Capitalize After an Event with Your Student

- 1. Get them food BEFORE you ask them in-depth questions.**
 - Usually, people are more vulnerable while eating food. Strange but true.
- 2. If they aren't talkative with food, let them nap before asking super deep questions.**
 - They may not want to talk because they're just tired. Let them rest and then talk.
- 3. Ask specific questions.**
 - If your questions are general their answers will be too.
 - General: "How was it?" The answer, "Good."
 - Specific: "Did they do anything special in services on Friday or Saturday?"
 - Specific: "How was your small group time on Saturday night?"
 - Specific: "What are 2 or 3 things you think you'll always remember?"
- 4. Say, "I missed you and have been praying for you!"**
 - It's true and just nice to hear that you missed them. I wouldn't say to joke about not noticing they were gone or being happy about your free time without them.
 - It feels good to be missed so let them know you missed them!
- 5. Ask, "what changes, if any, are you thinking to make in light of this weekend? And how can I help?"**
 - This could set you up to be able to help them set goals for new habits or to give you an open door for them to ask for your help to grow.
- 6. Pray with them when you're done talking!**
 - You are the biggest spiritual influence in their life so just ask "can I pray for you real quick?"
 - When you pray don't feel the pressure to be long-winded or have the 'right' words. Instead, just pray for 30 seconds over the things that you've talked with them about!
- 7. Let their small group leader and youth staff know what impacted them.**
 - Often small group leaders don't get to know what God does in the lives of our students at these retreats! So, get in contact with and even use this as a time to get to connect to someone who is an added voice in the life of your middle schooler or high schooler.