



CAPE CONFERENCE ACHM **NEWSLETTER**





2-8 April 2023



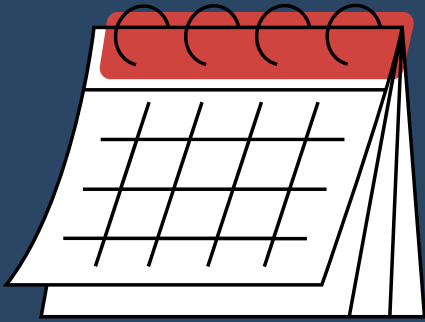
Adventist Children's Ministries



SEE INSIDE

-  [Gracelink Sabbath School Lessons](#)
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- ...and more

Upcoming Calendar Events



Calendar 2023

MAY

27 World Day Of Prayer for
Children at Risk

JULY

22 Children's Sabbath

AUGUST

26 End It Now

OCTOBER

28 Creation Sabbath

NOVEMBER

18 World Orphans and
Vulnerable Children Day

For more information on the upcoming events for 2023 [Click here](#)



GRACELINK LESSONS



Read this week's Mission Story : [click here](#)

Beginner Class

"David, the Shepherd Boy"

Memory Verse: "Children, obey your parents in everything" ~ Colossians 3:20

■ Student's Lesson: [Click Here](#)

■ Teacher's Lesson: [Click Here](#)

■ Video: [Click Here](#)

Kindergarten Class

"Best Friends"

Memory Verse: "'Jonathan ... loved [David] as himself" ~ 1 Samuel 18:3

■ Student's Lesson: [Click Here](#)

■ Teacher's Lesson: [Click Here](#)

■ Video: [Click Here](#)

Primary Class

"Flames of Fire"

Memory Verse: "How good and pleasant it is when God's people live together in unity!" ~ Psalm 133:1

■ Student's Lesson: [Click Here](#)

■ Teacher's Lesson: [Click Here](#)

■ Video: [Click Here](#)

Powerpoints Class

"A Larger Circle"

PowerText: "Share with the Lord's people who are in need. Practice hospitality" ~ Romans 12:13

■ Student's Lesson: [Click Here](#)

■ Teacher's Lesson: [Click Here](#)

If you want more on the GraceLink site [click here](#)

Feature of the week

KHAYALETHU SDA CHURCH



If you would like to share pictures of your Children's Ministries programs please email them to resourcescc22@gmail.com.

TIP OF THE WEEK

11 Tips for communicating with your teen

How to approach conversations with empathy and understanding.



Establishing a connection with your teen is the basis for effectively supporting their mental well-being and social and emotional learning. When we love someone, we are interested in them and in their thoughts and feelings. As your child grows, communication is one way of showing your love and respect for your growing child.

Build on your relationship

1. Show an interest in what is important to your child to show you care.

2. Share things about yourself and find ways to make connections and identify shared interests.
3. Ask your child about their opinions, views and perspectives so that you can understand their feelings.
4. Build on the communication you had with your teen when they were younger — communication is important from babyhood to adulthood, and if you and your child communicated well, shared your feelings and thoughts, it is more likely that this will continue as they progress through adolescence.

Be an active listener

Active listening is important when interacting with your child. An active listener is engaged, caring, non-judgmental and empathetic, even when (and especially when) they don't agree with others' views. While some of your teen's beliefs or opinions may differ from your own, you need to respect and value their views. This will also help them to respect your views and opinions. Listening actively helps children to feel heard, understood, less alone and calmer. By contrast, if we don't listen properly, we risk making them feel as though we are brushing off their concerns and invalidating their feelings. This can leave them feeling defensive, frustrated, alone or hurt.

5. Show attentive body language. Maintaining eye contact, giving affirming nods, a look of concern or encouraging smiles are all small gestures that let them know you are paying attention. Use natural body language and cues that make your child feel that you are present, interested and really care. Even without using words, you can communicate you are listening and that what your adolescent is saying is important to you.



6. Ask open-ended, clarifying questions to gain a deeper understanding of how your child feels. These questions have no right or wrong answer; they simply help you gain insights into what your teen thinks. For example, you could try any of the following questions: "Could you explain what you mean by...", "Why do you feel you got upset when...", or "How do you think you would have felt if..." Use whatever phrases come naturally to you and your teen to show empathy.

11 Tips for communicating with your teen (continued)



7. Mirror what your child is saying by restating and paraphrasing what they conveyed. For example, you could say, “What I hear you saying is that...” or “Am I correct in understanding that you feel...”

8. Give positive feedback and affirmation. Giving specific immediate praise can help build adolescents’ confidence and self-esteem and encourage them to continue those same behaviours. For example, if your child shares that they have been feeling very stressed,

You could respond by saying, “Thank you for being brave and sharing how you’re feeling right now” or “It can be hard to tell someone when we are feeling stressed. I’m so glad you shared that with me.”

9. Validate what your teen is expressing. This can help teenagers accept their emotions and feel safe to express themselves. For example, you could say, “It’s understandable that you’re feeling angry right now, I would feel the same if it were me,” “Thanks for sharing that with me. It can be hard to share with others when we are feeling sad” or “Sorry to hear you’re feeling stressed. I would feel that way too if I were in your shoes. Let’s see together if there is anything we can do to help.”



10. Sometimes it may not be easy for your teen to talk about what is worrying them, and you may not know what to say. It is fine to explain to your child that you are there for them, that you are ready to talk and listen any time. Do not force the conversation if your teen is not able to describe what is going on for them.



11. Communication is not only about sharing difficulties or tough feelings. It is important to share funny things, what went well during the day and find opportunities to laugh together and be affectionate in whatever way is comfortable for your teen. Having fun together and laughing hard is a wonderful way to feel good and strengthen your relationship!

CONFERENCE EVENTS



**CAPE CONFERENCE
ADVENTIST CHILDREN'S MINISTRIES**



Leadership Training Dates 2023

Mission Statement

The Mission of the Children's Ministries Department is to nurture children into a loving, serving relationship with Jesus.

Our Philosophy

Children's Ministries looks at the whole child and seeks to provide multiple ministries that will lead children to Jesus and disciple them in their daily walk with Him.

LEVEL 1	5 February	LEVEL 7	20 August
LEVEL 2	12 March	LEVEL 8	10 September
LEVEL 3	2 April	LEVEL 9	1 October
LEVEL 4	7 May	LEVEL 10	5 November
LEVEL 5	4 June	LEVEL 11	3 December
LEVEL 6	2 July		



Trainings will take place via



For queries please email Pr C Liebrandt
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**Cape Conference Adventist
Children's Ministries Department**
Presents

talk on BULLYING





**April 4, 2023**

**7:00 pm**

**VIRTUAL ZOOM MEETING**

MEETING ID : 818 7013 8878
<http://us02web.zoom.us/j/81870138878>

Nontsikelelo Rajuili
(Psychologist)

YEARBOOK



The Yearbook for 2023 is titled; **"Michael Asks Why"** by Sally Pierson Dillion.

To Download the book

[Click Here](#)

OTHER RESOURCES

(28 Fundamental Beliefs for Children)

Download the **28 Fundamental Beliefs for children (God Loves me 28 ways) lessons:** [click here](#)

(VBS RESOURCES)

Download resources for **VBS**

[click here](#)

(Children's Mental Health Presentation)

Download the **Children's Mental Health Presentation** [click here](#)

Or watch it on YouTube [click here](#)

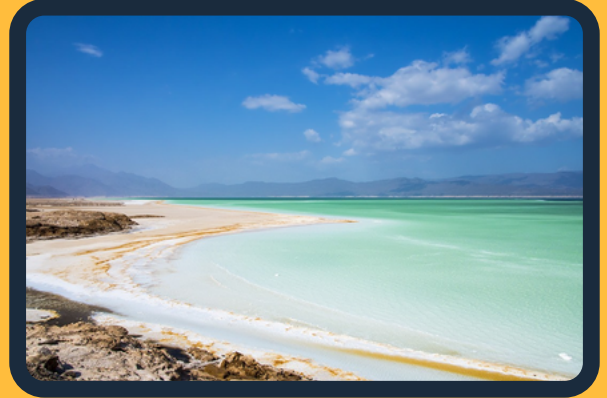


FUN FACTS FOR KIDS

Djibouti



This month we are sharing facts about different countries and cities and we're praying for them too!



DID YOU KNOW?

- Djibouti is a small, East African nation filled with almost one million people.
- It is located at the top of what's called the "Horn of Africa"
- Around 94 percent of its population belongs to the Muslim faith.
- Lac Assal, a crater lake in the centre of Djibouti, is 10 times saltier than the sea. In fact, it's the second saltiest body of water in the world after Don Juan Pond in Antarctica.
- Djibouti comprises two main ethnic groups: the Somali and the Afar.
- Djibouti is the third smallest country in Africa, after Swaziland (second smallest) and Gambia (smallest).
- It is illegal to photograph infrastructure such as public buildings, airports, military facilities, ports and bridges in Djibouti. Your camera equipment could be confiscated and you could be arrested.

Special Prayers for Djibouti

Pray for the Teachers of the New School "Dear Father, please be with the teachers who are preparing to teach at the new school in Djibouti. Help them to know how to share Jesus with their students."

Pray for the New School "Heavenly Father, please guide the people who are planning the new school in Djibouti. Give them the wisdom they need to make the right decisions so that thousands of young people can learn about You while studying there. Amen"



Download the Djibouti placemat [click here](#)

CREATIVE CORNER

COLOURING PAGE



SPOT THE DIFFERENCE

Compare the picture on the left with the picture on right. Circle the 17 things that are different.



This activity is downloadable in PDF with answers: [Click Here](#)



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of Seventh-day Adventist



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