



Northern Light Christian Counseling

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Steal This Idea!

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Twenty years ago, a pastor friend bemoaned the challenges of raising healthy children. He confessed. "I am so busy helping others that I have little time for my own kids. But I have found a solution!"

He said he spends one week biking, canoeing, or going on a short-term mission trip with *each* of his children annually. "The goal is to make sure each kid gets one week of uninterrupted time in a challenging environment with me every year. Planning it together is part of the fun. And it has made a huge difference in our day-to-day relationship."

I stole this idea and used it with my kids, and you should, too. Get out the map. Start with a day trip and build to longer outings as your children grow. And don't spend a lot of money. Traveling light is part of the lesson!