

Good Parents tell children what not to do to keep them safe.

Great Parents help them find things to do, things like:

TAKING A WALK (see last paragraph for children with ADHD).

The variety of walks is endless; star gazing, blindfolded/listening, tree identification, bird watching, cloud gazing, backwards walks, scavenger hunts, and on and on. Along with walking goes COLLECTING...everything from feathers to mushrooms and tons of neat stuff in between. A good rule of thumb is that children are allowed to collect anything that can be pressed into a book or fits in an egg carton museum.

Walking and collecting are two ALTERNATIVES to television and our children need all they can get. Adding a camera to the formula could have your family producing it's own calendars with original photos. Every child should have a choice of two worlds...mans world of sensationalism, greed and violence or God's world of harmony and constant renewal. It may be the one good thing your child can say about you after you're gone: "Despite the mistakes they made Mom (Dad) walked with me, once a day ... every day. I can still feel her (his) hand in mine."

Walking is a special blessing for children with ADHD. It allows them to burn off energy while at the same time relaxing. *It helps break the endless cycle of OVER STIMULATION and SENSATIONALISM which is the heart and soul of network televsion.* Perhaps most of all walking with your child sets the foundation for a healthy relationship... together yet independent. The highest compliment paid to any man in the Bible is that he walked with God. There is something about walking together that heals and connects us to one another. An added advantage for the ADHD child is learning to look up. It is the one direction we can look that offers no threat or worry. The ADHD child who walks with his parent as a child will remember in adulthood that walking is a great tool for SELF CONTROL ... the perfect exercise for calming the mind, the heart and the soul. Medication may help with behavior problems but it should never be our only effort.

For other great resources visit www.childrenafterdivorce.com. For great activities to make God's wonder full creation a part of your child's daily live visit www.creationforparents.com