



ADVICE FROM EXPERIENCED LYFE MOMMIES

→ PLAN AHEAD FOR CHILDCARE:

Don't wait until a week or two before! If you have been faithful in your planning for LYFE, and you are not sure who can care for your children, pray for direction and peace about who it will be.

→ MAKE OR UPDATE A "DAILY ROUTINE FOR MY CHILDREN":

Include phone numbers and suggestions for activities, but be flexible! Let your babysitter or spouse be creative in how they care for the kids. Don't stress them out with a schedule that must be followed to the letter.

→ IF YOU ARE LEAVING A BABY OR YOUNG TODDLER:

Make sure that your babysitter is willing to get up during the night for any feedings or potty runs!

→ IF YOUR CHILDREN ARE OLDER:

Make arrangements for someone to pick them up from school. You may want to take the babysitter to see your pick-up and drop-off routine. Give the kids lunch money or a lunchable to make it easy and fun.

→ MAKE YOUR TIME AWAY SPECIAL FOR YOUR CHILDREN:

- Leave notes in secret places.
- Rent or check out special children's movies.
- Fix favorite meals ahead.
- Leave treats that are usually reserved for special occasions.

→ BE SURE THEY HAVE CLEAN CLOTHES!

→ LEAVE A CELL PHONE NUMBER FOR THEM TO CALL YOU AT A DESIGNATED TIME.

The LYFE schedule is always available far in advance so you will know when to plan phone dates with your children.

→ IF YOU HAVE NEVER LEFT YOUR CHILD WITH ANYONE BEFORE:

It's unrealistic to leave them for an entire weekend without some anxiety (yours or theirs). Talk to them ahead of time and give them time to get used to the idea. Try leaving them overnight without Mommy a week or two before LYFE for a trial run. Remember, your kids will be fine without mom for a couple of days, really!

→ REMEMBER:

Getting away and being nourished spiritually in a unique setting such as LYFE is a good thing! We need godly fellowship and refreshment so that we can be all that God wants us to be when we get back home.