



Parents of Preschoolers

## Building Rituals

### Session One: Seeking Sameness

#### Introduction

It's common for kids in the preschool age group to want the same cup at breakfast.. the same TV show when they get home from daycare. or the EXACT same number of kisses at bedtime each night. At POP, we see a preference for sameness or repetition in preschoolers as a sign of spiritual growth. Where is it showing up in your child's day?

#### Question

Refer to the notes you made during our sessions on LIVING WITH PRESCHOOLERS and to the "fill-in-the-blank" options below.. Can you identify any connection methods that your preschooler requests over and over?

#### Invitation

On the next page, write down any observations you've made about the times when your child seems to be expressing a need for sameness or to be falling about when the desire for sameness is unfulfilled.

*Example: I've Noticed...*

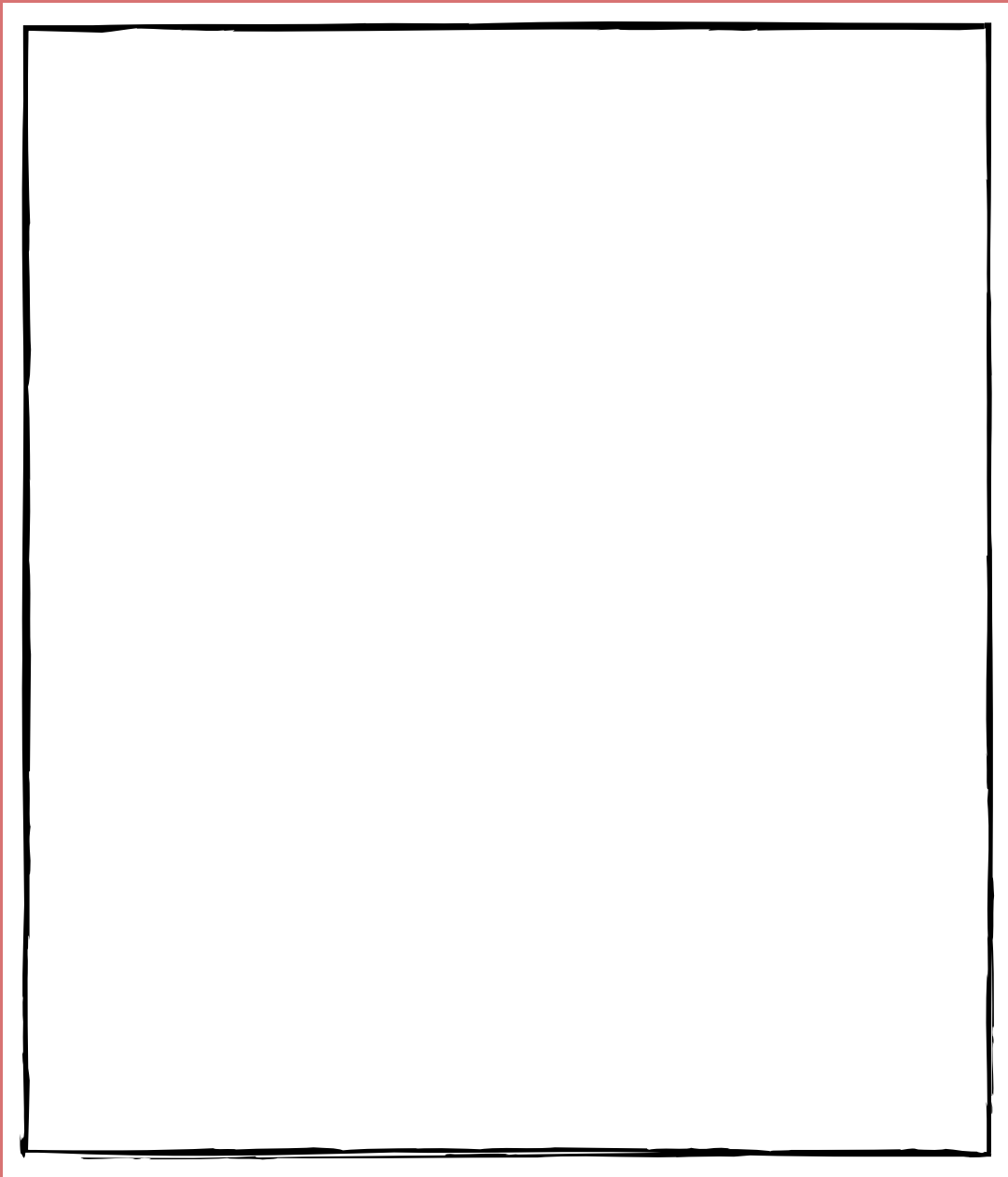
My child always wants the same book when going to bed

My child often requests that I sing the same song over and over.

My child gets upset when I don't cut their sandwich the right way.

## Session One : Notes

Where are your children seeking sameness? Feel free to take notes here.

A large, empty rectangular box with a black border, intended for taking notes. It is centered on a solid red background.