

Excerpts from the article:

“How I Taught My Kids to Sit Still In Church”

(from The Aquila Report 1-29-2014)

Teaching my kids to sit still is the best thing I ever did as a parent, and by sit still I really mean still with minimal fidgeting. Let's face it. Sitting still is HARD work, even for adults. Working on this important skill with my young children paid off BIG whenever we were at the doctor's office, at an older child's school program, on a long car trip, etc.

We attended a church with a very small nursery. When your child turned one year, the policy was to sit with their parents or caregivers. [What!! Yes, 12 months old]

Here's how we did it.

We practiced at home! Every day I would make my child sit with me on the couch while I read a story. I wouldn't let him jump around or climb all over me. We would sit and read. At first it was one book and then two and then three and more. Then we started listening to stories on CDs. We would sit on the floor and just listen.

It can be done. [No, REALLY! Even if you work outside the home, you can share these techniques with those who help to care for your child. (grandparents, child care center, nanny). Children respond very well to rituals so make it part of the daily routine.]

My children sat and ate all of their meals at the table without getting up and walking around. We worked on it and were consistent whether at home or visiting family or in a restaurant.

We did little things all throughout the day in order to teach them this new skill.

We sat in a chair at the table while we colored.

We had quiet time every day where my children had to sit and do something like look through books or play quietly with play dough [or pipe cleaners or draw with crayons].

It took time. Lots of time. Lots of direction and redirection. And practice. It took walking out (and back in) church services when he was fussy.

[But doesn't everything work that way in raising children? Parents are the best teachers for their children. By modeling the patient behavior skills that we want our children to develop we are training them to worship and to be ready to listen to their heavenly Father. Sitting still at home for brief family worship, devotions, helps to prepare for congregational worship services. Pray and ask God to give you the desire and patience to teach your children this skill.]

Amy's note: comments between brackets [] are paraphrased summaries of the author's thoughts to condense the article.