

## "Footprints for Foundation"

Building A Culture of Life at Home, at School, or Just about Anywhere!

**Have a positive outlook - Pray and ask God to show you how He is calling you to do pro-life work.**

Don't need to use the word abortion at all! It is suggested that the word abortion should not be mentioned until 4<sup>th</sup>/5<sup>th</sup> grade (10/11 yo) and above. This is a delicate topic that should be treated delicately with younger children. The entire concept of this program is to focus on being "positively pro-life". If the word should be mentioned, some possible responses might be:

"Where did you hear that?" "We aren't going to discuss that right now; we need to get back to our topic."

You can let them know that it is something that Jesus doesn't like and neither do you.

### Infancy - natural setting

-use their name often > we think we picked our baby's name, NOPE, all part of God's plan >> Remember, "I have called you by name"

-show pictures of babies > we have all probably experienced the excitement a baby feels when he/she sees another baby or child, it's truly amazing

-have their name hanging in their room or on their toys > my girls love to make signs that say "Keira & Ava's room" = it shows ownership in a sense

-"God's Gift" or "blessing" onesie > show the world that your precious baby is a Gift & a blessing - ChoosetheChild.com

### Toddler

-show pictures of Pro-Life Saints and share their stories (Our Lady of Guadalupe, St. Gianna, St. Maximilian Kolbe, St. Faustina, etc) Also, teach them about their patron saint and how he/she was a defender of life.

-talk to them about good choices - WWJD

-read and talk about the Creation story - Everything in the world and ALL life is planned and created by God. Only God can give life.

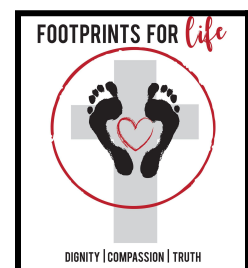
-sing "Jesus Loves the Little Children", "He's got the Whole World in His Hands" and other songs that tell how much Jesus loves us

-show them pictures of themselves when they were a baby. Have these pictures displayed in their room.

-talk to them and tell them how tiny they were and how they growing and will continue to grow.

-have pictures of older siblings and/or parents when they were younger (children) displayed in their room

-if you or someone you know is expecting - show your child pictures of the ultrasound



- have pictures of their grandparents displayed. Have the children talk about their grandparents and why they love them so much.
- when saying daily prayers, always include an intention for those who are sick, disabled, prisoners, homeless, etc. If you see any of these people in public say a simple prayer for them at that moment - "Jesus bless them"
- whenever you see an American Flag, ask God to bless our country

### Elementary

- Join/Start a pro-life club at school, church, or with a group of friends
- read and discuss pro-life books and movies - Before You Were Born, Angel in the Waters, The Day You Were Born - for more ideas visit ChoosetheChild.com
- do a project on a pro-life saint
- say a Pro-Life Rosary (priestsforlife.org)
- Psalm 139:14 - "I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." - Discuss our bodies and how God created them and we need to take care of them. Our bodies are Temples of the Holy Spirit and should be treated with respect.
- eat healthily and dress modestly > BELIEVE in yourself
- spend time with babies and notice each detail of these small little blessings
- when going to the grocery, pick up a pack of diapers to donate to a pregnancy center or some canned goods to donate to the food ministry in your community
- spend time with the elderly and notice each detail of these great little blessings
- visit grandparents and/or local retirement homes - read books with the residents, do crafts or just sit and visit
- be kind to others > no bullying Talk to your children about the way we treat others in words & actions and in person or via social media
- pray for and/or visit the elderly, disabled, prisoners, or anyone else who is suffering in any way
- Visit ChoosetheChild.com for a list of activities and celebrations

Teens - their ideas start to become their own - they may start to question things about life and things they were taught

- join the pro-life club, chastity club
- volunteer at the local pregnancy center, homeless shelter, or retirement home
- study the Visitation - discuss how Mary's visit to Elizabeth honored pre-born life - her baby "lept with joy"
- write an essay on Luke 18:16 "*Jesus, however, called the children to himself and said, "Let the children come to me and do not prevent them; for the kingdom of God belongs to such as these."* What did Jesus mean when He said this to the apostles who were trying to block the children from coming to see Him?

- get a group together and watch a Pro-Life movie - discuss the pain of abortion - study post-abortion syndrome and the suffering women face. Let them know that Rachel's Vineyard is available for women suffering from the aftermath of abortion.
- 1Cor 3:16-17 *"Do you not know that you are the temple of God, and that the Spirit of God dwells in you? If anyone destroys God's temple, God will destroy that person; for the temple of God, which you are, is holy"*
- We are morally obligated to take care of our bodies and respect them by remaining pure and chaste
- family puzzle - as the family works on the puzzle, discuss that even while the pieces are being put together, God sees the whole picture >> body, soul, spirit The puzzle of life - our own lives is not complete until God calls us home to be with Him in heaven.
- write a paper on Susan B Anthony, Elizabeth Stanton, Pro-life Saint or other Pro-Life Saints and/or heroes
- learn about celebrities who choose life - Leah Darrow, Tim Tebow
- write letters to political leaders and let them know how important it is for them to vote pro-life
- learn why the Church opposes abortion, euthanasia, birth control, IVF, embryonic stem cell research
- pray - for women with unplanned pregnancies, those working at abortion clinics, those facing end-of-life issues, and all those who work or volunteer in any of these ministries
- we need more people praying than doing

### Family

- join the Respect Life Committee of your Church
- pray and/or say a family rosary for all life issues
- participate in 40 Days for Life in your community
- participate in Life March in January - Washington DC or near your home
- host a Proudly Pro-Life Party

### Parents

- join the Respect Life Committee of your Church
- share pro-life brochures, CDs, and info in your community - Church, work, wherever you frequent
- volunteer at Hospice
- Pro-Life news >> JillStanek.com., LifeSiteNews, Liveaction.org, Feminists for Life, National Right to Life, Priests for Life
- vote responsibly - always know the candidate's pro-life voting record
- support Pro-life doctors > probably made a financial sacrifice to become a pro-life doctor
- OneMoreSoul.org
- learn why the Church opposes abortion, euthanasia, birth control, IVF, embryonic stem cell research

- “Go home and love your family” - Mother Theresa - family games, read together, pray together
- display pro-life bumper stickers, envelope stickers - wear pro-life jewelry, etc, Heritage House
- teach our families RESPECT - this is the most important value in any relationship
  
- Be positive >> God wins this war! What if more people trusted in God and His Providence - find the Good in EVERYTHING because God always works for the Greater Good

References:

1. TriciaGoyer.com
2. Catholic Digest - Simcha Fisher