



Connect with your
kids about LIFE!



LIFECANADA.org/kids

By Natalie Sonnen



Encouraging young minds for LIFE



Dear Moms and Dads, Grandparents and anyone else involved in the education of the young,

We live in times that are fraught with messages that run counter to the truth about life and family, and that do not support a realistic understanding of the dignity of the human person. How can you reach out to your children and bring them the message of love and life?

Below is a list of books and resources to help support parents in the education of their children. We hope that you find it helpful.

Read with your children

One of the best ways to reach your children is by reading to them. Studies show that reading with children is one of the most important factors in childhood success, not only academically, but also in their ability to bond with parents and increase feelings of trust and security.

FACT: “Parents who read 1 picture book with their children every day provide their children with exposure to an estimated 78,000 words each a year. Cumulatively, over the 5 years before kindergarten entry, we estimate that children from literacy-rich homes hear a cumulative 1.4 million more words during storybook reading than children who are never read to.”
<https://pubmed.ncbi.nlm.nih.gov/30908424/>



Natalie Sonnen
Executive Director
LIFE CANADA Association

Books that instill a respect for the dignity of human LIFE in children:

1. *Angel in the Waters* by Regina Doman.

This beautiful book for children shows the coming to be of a child, as the child herself gains more and more understanding of her own surroundings including her awareness of her guardian angel.
<https://www.sophiainststitute.com/products/item/angel-in-the-waters>

2. *A Mother's List of Books* by Teresa Fagan

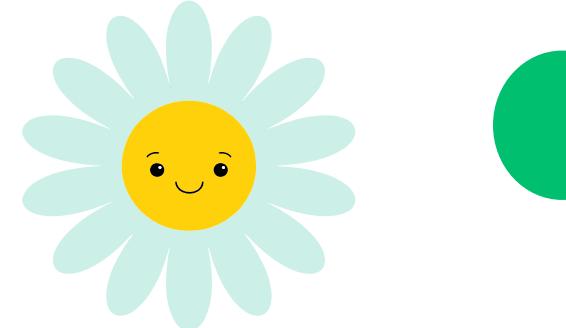
"A few of the books are great, most are good and some are just pure fun, but they all respect the dignity of the human being. The list includes many lesser-known books that are out of print but that are well worth looking for."

<http://store.casamaria.org/a-mothers-list-of-books-theresa-fagan/>

3. *Mercatornet.com* has a wonderful section devoted to children's books. They help to guide parents in making good choices for children and have lively commentary.

<https://mercatornet.com/culture/kids-books/>.

Never heard of Mercatornet? Here is a description of who they are: <https://mercatornet.com/our-ideals/>



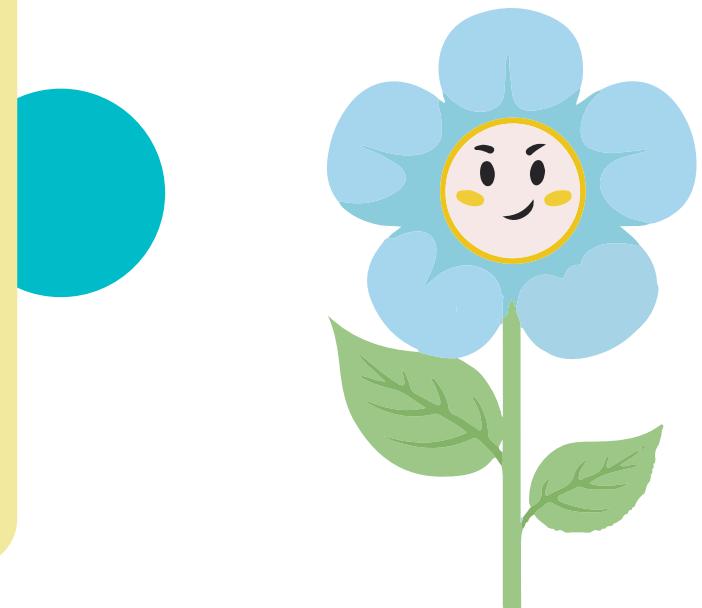
For Parents

4. *Don't Let the Culture Raise Your Kids*

"Marcia Segelstein has spent decades reporting on family-related issues. She shows why today's parents need to be different. She coaches parents to lead their children with confidence and authority, eyes wide open to the pitfalls and dangers that surround them, whether in the media, in school, or among their peers." https://www.amazon.com/Dont-Culture-Raise-Your-Kids/dp/1681922762/ref=sr_1_1

5. *Hold on to your kids*

"International authority on child development, Gordon Neufeld, Ph.D. tackles one of the most disturbing trends of our time: Children looking to their peers for direction—their values, identity, and codes of behavior. This "peer orientation" undermines family cohesion, interferes with healthy development, and fosters a hostile and sexualized youth culture. This book explains the causes of this crucial breakdown of parental influence—and demonstrates ways to "re-attach" to sons and daughters, establish the proper hierarchy in the home, make kids feel safe and understood, and earn back children's loyalty and love." <https://neufeldinstitute.org/resources/hold-on-to-your-kids-book/>



Preparing your older children for university

6. *The former Institute of Marriage & Family Canada*

Ran an interview with psychiatrist Mariam Grossman.

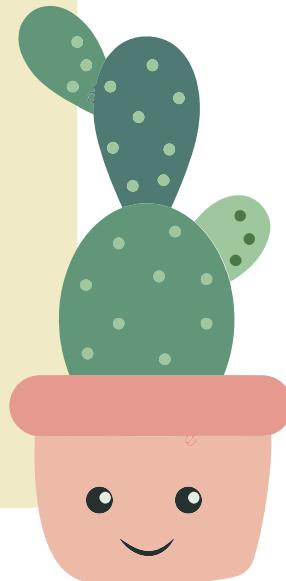
In it she discusses her book: *Unprotected: A Campus Psychiatrist Reveals How Political Correctness in Her Profession Endangers Every Student*. A must read for parents preparing their children for university.

https://www.imfcanaada.org/sites/default/files/Is_Sex_Making_Students_Sick.pdf

7. *Unhooked* by Laura Sessions Stepp

“From the front lines of today’s sexual battlefield comes an eye-opening examination of the hookup culture, seen through the personal experiences of the teenage girls and young women who live it - and who are left unprepared for its consequences. The Pulitzer Prize-winning author presents a disturbing and enlightening indictment of the hookup culture, the social forces that contribute to it, and what can be done to change it.”

<https://www.amazon.com/Unhooked-Young-Women-Pursue-Delay/dp/1594489386/>



A note about homeschooling curricula

Many homeschooling curricula have fantastic resources for children of all ages, even if your family does not homeschool. Some of the best we have seen are the following:

Charlotte Mason (simplycharlottemason.com)

“Mason was a 19th century British educational reformer whose philosophy emphasized high-quality literature, nature study, and narration.” This site has lots of excellent material and free download samples for most of their programs.

Catholic Heritage Curricula (www.chcweb.com/catalog/)

This site has wonderful programs, books and other resources. Whether or not you homeschool, these resources are some of the best we have seen for homebased learning and reading. Some of the best stories for training children in virtue are found in these wonderful books, as part of the second-grade curriculum:

- Bigger Stories for Little Folks
- Devotional Stories for Little Folks
- Devotional Stories for Little Folks Too

Well Trained Mind (welltrainedmind.com)

“The Well-Trained Mind is a guide that millions of parents trust to help them create the best possible education for their child. Here you will find practical articles, an online community, courses for you and your children, user-friendly textbooks, excellent book lists and much more.”

<https://welltrainedmind.com/a/the-great-books-history-as-literature/?v=7516fd43adaa>

We hope that you find the information here valuable. Be sure to reach out if you have any questions at info@lifecanada.org or call us at 1-866-780-5433.

