

SPIRITUAL DIRECTION WITH CHILDREN

"Sometimes, the smallest things take up the most room in your heart"

- A. A. Milne, Winnie the Pooh

What is Spiritual Direction with Children?



A LISTENING COMPANION

A Spiritual Director invites children to express themselves about the experiences of their lives. She or he offers a safe place where children are attentively listened to, offered a warm, welcoming company, and asked "divinely curious" questions. The child as the center of attention, the Spiritual Director becomes a spiritual companion who listens to the voice of God with the child.



A SACRED SPACE

This is not a time of teaching, behavior correction or counseling. The Spiritual Director follows the child's lead into an unhurried conversation, where God is present and can be experienced. These are peaceful moments of resting in the mystery and love of God.



STILLNESS AND SILENCE

There is room for silence and stillness. Children lead busy lives and often enjoy the silence when given the freedom to. They are only asked to share what they wish. The Spiritual Director appreciates that some things are too deep for words or too personal for sharing.



ART AND MOVEMENT

Children are invited to express themselves and respond to God through art, play, movement, and by engaging all senses. They are honored as whole, integrated persons and all parts of them are welcomed: their emotions, reason, body, spirit, and relationships.



SAFETY

The Spiritual Director will never reveal what children say to anyone without their permission unless it is for their own protection. (As mandated by law). She or he observes accepted practices that ensure children's safety whenever they talk with an adult.

PARENTAL CONSENT AND INFORMATION

Dear Parent,

- Each session lasts between 20 and 60 minutes, depending on the age of the child and the circumstances they face. The child, the parent/guardian and the Spiritual Director will determine where and how often they meet.
- Spiritual Direction is not counseling, psychotherapy nor aiming to solve a problem or change the child's behavior.
- Confidentiality and safety are of the utmost importance, however, if abuse is suspected or the child is a danger to him- or herself, or others, the Spiritual Director will notify the authorities as required by law.

Name of Child: _____

Child's Birthday: _____

Name of Parent/Guardian: _____

Phone #: _____

Parent/Guardian Email Address: _____

Describe the child's living situation. (Household members, etc.)

*What challenges (life, school, home situation) is your child facing? (*optional)

Does the child have any physical limitations or allergies that might limit his or her engagement in sensory activities? If so, please specify: _____

Have you read and understood the ministry as described in this brochure?

- (Circle one) YES or NO

Do you understand that by signing this form you agree that the content of the session will be kept confidential (including not revealing content to the parent or guardian without the child's permission), excepting only that information which must be reported by law? (Circle one) YES or NO

By signing below I give permission for a Spiritual Direction provider to meet with my child. I affirm that I have read the informational brochure and understand that the ministry provided is spiritual and not psychological in nature.

Print Name

Sign Name

Date