



NJC FAMILY MONTHLY



NewsLetter

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JUNE 2025



Helping Children Stay Focused During the Summer Break: A Biblical and Ellen G. White Guidance for Parents

Summer break is a time of joy, rest, and renewal. But without structure and purpose, it can easily become a season of idleness and distraction, especially for children. As parents, guardians, and mentors, how can we help our children make the most of this time? The Bible and the writings of Ellen G. White offer practical and spiritual wisdom for nurturing focus, character, and growth—even when school is out.

1. Set a Daily Routine with Purpose

Children thrive on consistency. A simple daily routine that includes time for devotion, chores, play, and learning provides a balanced foundation for both discipline and joy.

"Let all things be done decently and in order." — 1 Corinthians 14:40

"The mother should not allow herself to be diverted from her mission. She should not permit her time to be occupied with things that will keep her from her children. Every morning she should lift her heart to God for wisdom, for strength, for guidance." — **Ellen G. White, Child Guidance, p. 42**

- Establish a rhythm that includes morning worship, reading time, creative activities, and family responsibilities. This structure helps children stay engaged and focused while avoiding excessive screen time or boredom.

2. Encourage Active Learning Through Nature and Scripture

Summer is a perfect opportunity to explore God's creation.

Nature walks, gardening, or observing insects and birds can spark curiosity and deepen children's faith.

"Go to the ant, thou sluggard; consider her ways, and be wise." —

Proverbs 6:6

"The book of nature, which spread its living lessons before them, afforded an exhaustless source of instruction and delight." —

Education, p. 100

Use these moments to teach object lessons from nature, just as Jesus did. Connecting practical activities to Scripture keeps the mind engaged and the heart inspired.

3. Promote Meaningful Work and Responsibility

Children benefit significantly from age-appropriate responsibilities that build character and a sense of contribution.

"It is good for a man that he bear the yoke in his youth." —

Lamentations 3:27

- Invite children to help in cooking, cleaning, or small repair projects. Let them plan a meal, tend to a garden, or organize their books. These tasks develop focus, initiative, and life skills.

4. Limit Idle Entertainment

While some relaxation is appropriate, prolonged exposure to idle or worldly entertainment can dull spiritual interest and focus.

"He that walketh with wise men shall be wise: but a companion of fools shall be destroyed." — Proverbs 13:20

"Satan is constantly seeking to divert the minds of our children with trifling amusements, and to cause them to love pleasure more than they love God." — **Child Guidance, p. 294**

- Instead of letting children get lost in endless video games or unproductive media, introduce inspiring books, creative hobbies, or Bible story videos that uplift and educate.

5. Foster a Spirit of Service and Mission

Summer can be a season of ministry. Involve children in simple acts of kindness, such as visiting the elderly, helping at church, or making cards for the sick.

"Train up a child in the way he should go: and when he is old, he will not depart from it." — Proverbs 22:6

"Even children should be taught to do missionary work." —

Testimonies for the Church, Vol. 4, p. 398

These experiences not only keep them focused but also instill compassion and a sense of purpose in their hearts.

A Summer of Growth, Not Distraction

By anchoring summer in faith, structure, and purposeful activity, we help children not only stay focused but also thrive spiritually, mentally, and emotionally. With God's Word as our guide and Ellen White's inspired counsel as support, we can make summer a season of joy, growth, and character development.

"Children are the heritage of the Lord, and we are answerable to Him for our management of His property." — **Ellen G. White, Child Guidance, p. 17**

Let's steward this summer with vision, prayer, and intentional action—for the glory of God and the good of our children.