



Instruction Sheet

How to Use the Training Young Hearts Board Books?

These books are designed to be a resource for you as you seek to train your child in right behaviors, repentance, and looking to the Holy Spirit for help. Read them at bedtime, before afternoon naps, or when you need to give them a little quality time. The lift-the-flaps are tactile, engaging, and fun! As you read these books outside of discipline moments, you'll establish a framework to reference during moments of discipline. Your child will not only learn what behaviors to “put off” or “put on” but also how to respond to their own failures with the truth of the gospel—looking to Jesus not just as their example but as their source of forgiveness and hope for change.

Why Use the Training Young Hearts Method?

1. It helps us to be proactive in loving correction instead of reacting in anger. We've used this little training refrain with all of our kids, and now they even use it with one another instead of retaliating.
2. It helps us connect and repair rather than creating distance and shame. This training ritual is done on a child's level or with them in our lap. When they fail, we bring them close and demonstrate that our love is unconditional and that we are committed to helping them.
3. It meets your child where they are developmentally. The actions component of this ritual engages your child's brain as it helps them move their body; it allows them to enjoy loving touches with you; and it gives them a part to play so they're not just being talked at.
4. It teaches repentance. This is the heartbeat of the Christian life. This method lays the foundation for kids to learn that they can always run to Jesus with their failures, guilt, and shame. In him they can find forgiveness and love no matter what they do. He was more than just an example for us. His life, death, and resurrection mean that we can be accepted by God!
5. It encourages grace-based obedience. The focus of this method is what Jesus has done, rather than what your child is doing. This method encourages your child to depend on the Holy Spirit to obey instead of trying to muster up self-discipline on their own.
6. It clearly displays the good news of the gospel for your child. Let's start the way we intend to go on. The gospel is always good news for our failure, no matter how old we are. Lord willing, your kid will never know a day when they didn't know that forgiveness and help were available to them in Jesus.



Use this fridge sheet as a reference until this reaction becomes second nature!



Mouth Training Refrains

	Training Refrain		Actions
1	Who made your mouth?		Encourage child to say, God! *Point upwards!*
2	And what are mouths for?		*Open hands, palms up, beside shoulders.*
3	God made your mouth to laugh!		*Tickle child or throw head back dramatically and say, HA! HA! HA! *
4	God made your mouth to talk.		*Hold up pretend walkie-talkie or phone and say, BLAH, BLAH, BLAH. *
5	God made your mouth to chew your food.		*Pretend to chew and smack lips or say, Munch, munch, munch. *
6	God made your mouth to give kisses!		*Give each other a kiss!*
7	What else are mouths for?!		*Let child add _____ or _____ or whatever they want!*
8	Did God make your mouth to *insert action in need of correction* (bite, say hurtful words, lie)?		Encourage child to say, No, of course not! *Shake head wildly/emphatically.*
9	Jesus was a child with a mouth just like you. He used his mouth perfectly for you and to say yes to God's plan to forgive you.		*Hug child while you say this.*
10	When we fail, we can use our mouths to ask for forgiveness.		Model prayer for your child or encourage them to pray: God, I am sorry that I spoke unkind words/yelled at mommy/lie.
11	When we want to be more like Jesus, we can open our mouths and ask for his help!		Model prayer for child or encourage them to pray: God, please help me to use my mouth to say kind words/encourage others/tell the truth like Jesus.
12	Let's give a cheer to thank God for his forgiveness and his help!		Say with child, HOORAY! Thank you, God!

*A practical note: If this behavior continues or the child resists, you can say, "Words hurt, and I cannot allow you to hurt others with your words. Let's both step away until we can control our tongue. Then we can come together and try again with calm, kind words." Or "You feel angry/frustrated because _____. I understand that. But you may not scream at me. Can you use calm and kind words with me?" Try this: "Mommy, may I please have a turn?"



Hands Training Refrains

	Training Refrain		Actions
1	Who made your hands?		Encourage child to say, God! *Point upwards!*
2	And what are hands for?		*Open hands, palms up, beside shoulders.*
3	Hands are for clapping!		*Clap your hands.*
4	Hands are for waving!		*Wave at one another.*
5	Hands are for building!		*Pretend to mold playdough.*
6	Hands are for high-fiving!		*Give each other a hearty high five!*
7	What else are hands for?!		*Let child add hugging or fist bumps or whatever they want!*
8	Did God make your hands to *insert action in need of correction* (hurt, snatch, push, hit)?		Encourage child to say, No, of course not! *shake head wildly/emphatically.*
9	Jesus was a child with hands just like you. He used his hands perfectly for you and spread them out to forgive you.		*Hug child while you say this.*
10	When we fail, we can fold our hands and ask for forgiveness.		Model prayer for your child or encourage them to pray: God, I am sorry that I used my hands to hit/snatch/push/hurt.
11	When we want to be more like Jesus, we can open our hands and ask God's Spirit for help!		Model prayer for child or encourage them to pray: God, please help me to use my hands to help/ share/serve/show love to others like Jesus.
12	Let's raise our hands and thank God for his forgiveness and his help!		Say with child, HOORAY! Thank you, God!

*A practical note: If this behavior continues or the child resists, you can say, "Hitting hurts, and I cannot allow you to hit. You can sit with me until you calm down. Then we can try to solve the problem together with calm kind words." Or, "Snatching is not an appropriate way to play with others. If you continue to snatch, we won't be able to continue to play. Why don't we both go over and try asking with calm and kind words?"



Hands Training Refrains



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