

# VALUING LIFE

*from the start*



Age-specific lessons and activities for kids

# VALUING LIFE

*from the start*

It's never too early to educate children about the sanctity of human life—to help them understand that each person, born and preborn, is valuable. Through age-appropriate activities and discussions, teach your children—from toddler to teen—that every life matters.

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# EARLY YEARS (0-3)

## Make preborn babies “real” for toddlers

Young children are naturally curious about newborn babies. We can encourage the same fascination toward preborn babies, as well. Help your child understand that the baby in a mom’s tummy is a real person and that God loves babies yet to born just as He loves each of us.



### He’s got the itty-bitty babies in His hands

Sing “He’s Got the Whole World in His Hands” as printed here. Repeat the third verse several times, filling in the blank with the names of people in your family, from the youngest to the oldest. After you’ve finished singing, explain that God cared for each of these people from their first moment in Mommy’s tummy.

### He’s Got the Whole World in His Hands

He’s got the whole world in His hands.  
(Repeat three more times)

He’s got the itty-bitty babies in His hands,  
(Repeat two more times)

He’s got the whole world in His hands.

He’s got \_\_\_\_\_ in His hands,  
(Repeat two more times)

He’s got the whole world in His hands.



## Do they make pants that small?

Next time you are at a clothing store, show your toddler different sizes of baby clothes. Explain that babies start so tiny that we can't see them and gradually grow big enough to fit into those clothes.

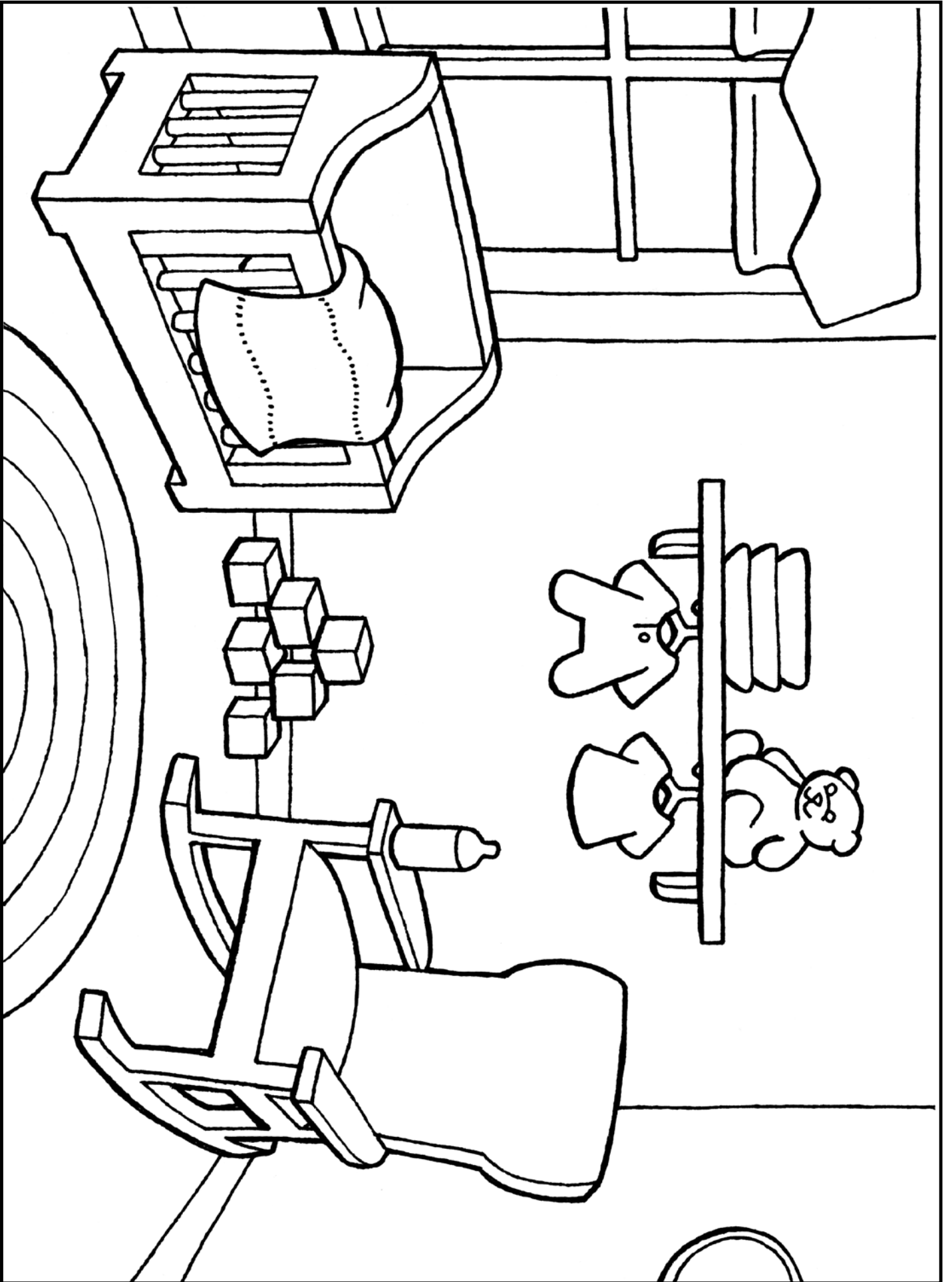
## Head, shoulders, knees and toes

If you have a pregnant friend or family member, ask her to share a photo of an ultrasound. If you have an ultrasound photo of your child, share it and rejoice over the different parts she sees.

## Baby's first room

Tell your toddler that moms and dads often prepare a special room for their new baby. Then, print out the coloring sheet on the next page, and have your child color this room as if he were getting it ready for baby's arrival. Point out items in the drawing that the newborn baby will need, such as a blanket to keep him warm, a bottle for milk, little clothes to wear, and so on. Explain that a baby's first "room" is inside his mommy's tummy and that everything the baby needs to stay cozy, warm and fed is right there with him, provided by Mom's body.





# DISCOVERY TIMES (4-7)

From the start, everybody (and every body) is amazing



Kids love learning what their bodies can do! Teach your child about fetal development to illustrate that even before birth, we are “fearfully and wonderfully made” with remarkable abilities. Help children develop a deeper understanding of why life is sacred by teaching them that each person, born and pre-born, is created in the divine image of God.

## Mini-explorers

Explore your home with your child, using as many of your senses as possible. (Eat a cookie; listen to the noises outside the front door; etc.) Explain that preborn babies explore the

“world” inside Mom by moving their arms and legs, listening to voices, even tasting what Mom had for dinner! Point out how blessed we are to have many ways to learn about the world around us, and help your child memorize Psalm 139:14: “I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”

## Made with care

Have a contest to see who can create the best imaginary pet. Give everyone Play-Doh and set a timer. When the timer rings, let your children explain their creations. Make encouraging comments, such as how carefully they worked on their creatures. But then ask each child, “Why isn’t your pet alive?”

Remind your family that God is the only one who can give life. Tell your kids that God knew what He was doing when He formed them, and that they were “fearfully and wonderfully” made. Teach the words *fearfully* (awe and reverence) and *wonderfully* (amazing and marvelous).

## Amazing facts about life before birth

Did you know that by week eight of gestation, every organ of a developing baby is in place and growing? Teach your child more about fetal development by reading the facts below. Then, explain that preborn babies are fully human, created in the image of our heavenly Father.

### on the very first day

that you existed inside of Mom's womb, every detail about you was written in a cell smaller than a grain of salt. God knew what color your hair and eyes would be, whether you would be a boy or a girl, if you'd grow to be short or tall, and the exact shade of your skin. From your first moment, you were uniquely YOU!

### after only 3 weeks

your heart began beating after only three weeks in the womb (possibly before Mom even knew you were there).

### at just 6 weeks

“gestation”—a special word for the time you spent growing inside of Mom—your eyes were developing and your little arms and legs were beginning to grow.

### after just 8 weeks

the taste buds that now allow you to enjoy pizza and ice cream and spaghetti began to form!

### by 10 weeks

gestation, your brain was growing every minute, and although you had two little ears on the sides of your head, you couldn't hear yet.

Also around 10 weeks, you were able to move your arms and legs, although your mom may not have felt your movements for several more weeks.

### at 18 weeks

you were able to blink and frown. Around the same time, you already had your own unique set of fingerprints, and Mom began to feel you wiggle inside of her!

### by 20 weeks

you were able to suck your thumb, yawn and stretch, and you may have gotten the hiccups!

### by 24 weeks

your ears were able to recognize the sound of your mother's voice, and loud noises in Mom's environment may have startled you.

### by 26 weeks

tooth buds for your permanent teeth were growing in your gums, getting ready for the moment you would lose your first tooth, about six years later! That's planning ahead!

### by 28 weeks

you were gaining weight and adding a little layer of baby fat, making your skin look smooth and kissable!

**And perhaps the most amazing, wonderful fact of all: Even before you began to grow inside of your mom, God knew you and loved you!**



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# How Big Is BABY?

**Instructions:** Print out both pages, and glue them back-to-back. Fold in half lengthwise, cut along dotted lines and put pages in order.

**HOW BIG IS BABY?** To help illustrate the gradual growth of babies in the womb, print out the following two pages and assemble this mini-book with your child, according to the instructions. Then, read the book with your child.

**B**efore I formed you in the womb I knew you, before you were born I set you apart.”

Jeremiah 1:5

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

Psalms 139:14

22

3



At **9** months, baby is the size of ...



a strawberry seed.

20

5



At **8** months, baby is the size of ...



a blueberry.

18

7



At **7** months, baby is the size of ...



a lime.

16

9



At **6** months, baby is the size of ...



an onion.

14

11



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2

23



At **1** month, baby is the size of ...



**a small pumpkin.**

4

21



At **2** months, baby is the size of ...



**a cantaloupe.**

6

19



At **3** months, baby is the size of ...



**a butternut squash.**

8

17



At **4** months, baby is the size of ...



**an eggplant.**

10

15



At **5** months, baby is the size of ...



**a grapefruit.**

12

13

## Breath of life

Use this activity to help your kids understand that life is sacred. Using a bottle of bubble solution, blow bubbles into the air while encouraging your children to clap them, pinch them or catch them in their hands. Ask how the bubbles feel against their skin. Ask your kids what is inside the bubbles. Air? No, *breath*. Let them take a turn blowing the bubbles.



Now share this truth: Just as we can fill a bubble with our breath, God filled man with His breath when He created us. Since it is easy for a bubble to pop or burst, it must be treated with care. In the same way, human life is fragile and must be protected because it is so valuable. Of everything He created, God only shared His breath with humans, which makes us His most special creation.

Finally, blow more bubbles together and talk about the differences in their sizes. Think about the people in your family and discuss each person's uniqueness. Explain that though we are all different, we are similar in this: We have been made in God's image.

## Every life is a gift

Help a young school-age child understand that life is a gift from God by using gift tags that say "To:" and "From:" (You can make your own using strips of paper.)

Take these tags with you as your child looks around your home and names his favorite possessions. Ask, "Who does this belong to?" and "Where did we get it?" Recognize each item's ownership by filling out and attaching gift tags accordingly.

Turn the discussion to your child. Fill out a tag to read "To: [your child's name]" and "From: God", then attach it to your child. Explain, "We can give each other *things*, but only God gives *life*." Have your child feel his own heartbeat

and see if he can catch the rise and fall of his chest as he breathes. Explain that his very breath is a gift from God. And remind him that since he is made in God's image, his life is very special. With your child, say a prayer thanking God for the gift of life He has given.

## Reflecting God

Have your child close his eyes as you apply several dots of color to his face using washable markers or eyeliner pencils. Put away the markers, and ask him to tell you what colors are on his face and where. Of course, he can't, but it'll be fun watching him try. Now, place him in front of a mirror, and ask him to tell you what colors he sees.

Explain to your child that we cannot see our own face; we can only see a reflection of what we look like. This is called an image. When God made us, He made an image, or reflection of himself. The mirror shows us who we are on the outside, but God made us to be a reflection of His nature and image on the inside. We're different from any of God's other creations because we alone are made like Him.

Because of this, God wants us to imitate who He is when we interact with others. Although a mirror reflects our physical image, when we love others, we reflect who God is. In this way, others see part of His character through us. The more we love God and other people, the more we are a true reflection of Him.

# TWEEN AGES (8-12)

## God has a plan for each of us

By their tween years, many children understand that the way you've taught them to view the world is different from how others may view it. Teach your child that you follow what God says in the Bible, even when others don't agree. Discuss how God's plan for our lives began even before our first moment in our mother's womb, and communicate that all babies are gifts to be celebrated.

### What the Bible says about life before birth

Print out this page and the next page. Cut along the lines so that each verse is on a separate slip of paper. Place the verses in a bowl. Have your child pull the verses out of the bowl, one at a time, and read aloud. Then, ask him to match the verse with the lesson it teaches about life before birth. When finished, glue the verses beside the correct lessons.

"Oh yes, you shaped me first inside, then out; **YOU FORMED ME** in my mother's womb. I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!"  
(Psalm 139:13-14, MSG).

**"CHILDREN ARE A GIFT** from the LORD. They are a reward from him" (Psalm 127:3, NIV).

"Before I formed you in the womb **I KNEW YOU**"  
(Jeremiah 1:5, NIV).

**"LIKE AN OPEN BOOK,** you watched me grow from conception to birth; all the stages of my life were spread out before you, The days of my life all prepared before I'd even lived one day" (Psalm 139:15-16, MSG).

"So God created man in his own image, in the image of God **HE CREATED HIM;** male and female he created them"  
(Genesis 1:27, NIV).

# TWEEN AGES

**E**VEN BEFORE  
I WAS BORN,  
GOD KNEW  
WHAT LIFE HAD  
IN STORE FOR ME.

**I** WAS A GIFT  
FROM GOD!

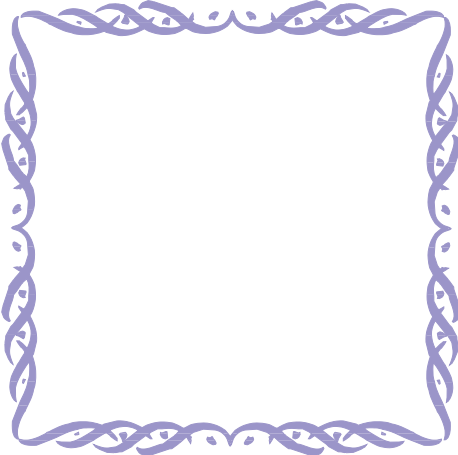
**G**OD MADE  
ME IN HIS  
OWN IMAGE.

**B**EFORE I  
WAS BORN,  
I WAS  
MARVELOUSLY  
MADE, INSIDE AND  
OUT, BY GOD.

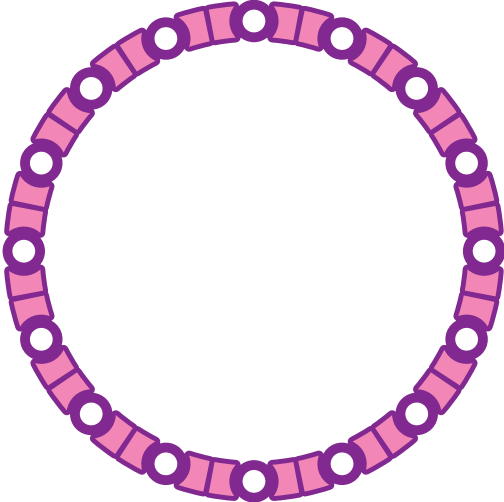
**G**OD KNEW  
ALL ABOUT  
ME EVEN BEFORE  
I WAS CREATED!

# Every person matters

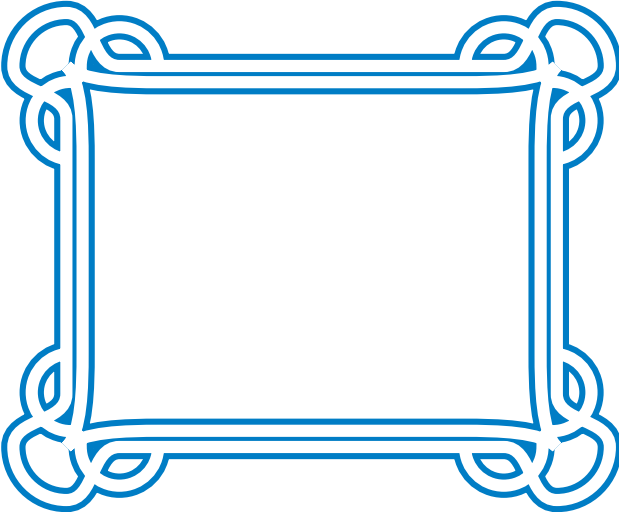
Print this page. Help your child collect photos of family members to place in the frames, or have your child draw portraits of family members instead. Discuss how each person in your family has made an impact on your child's life. Consider what life would be like if one of the family members were never born to live out God's plan for him or her.



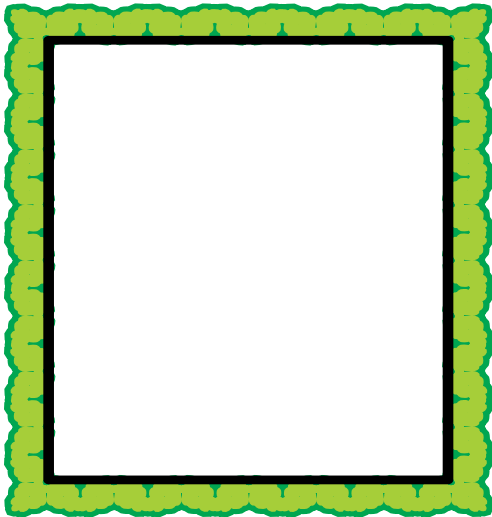
\_\_\_\_\_ has influenced my life by  
\_\_\_\_\_.



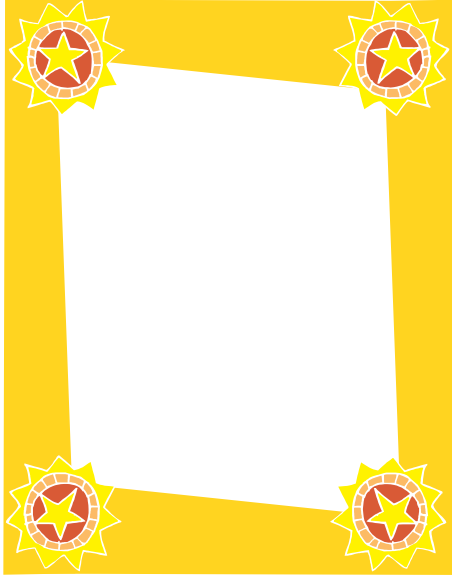
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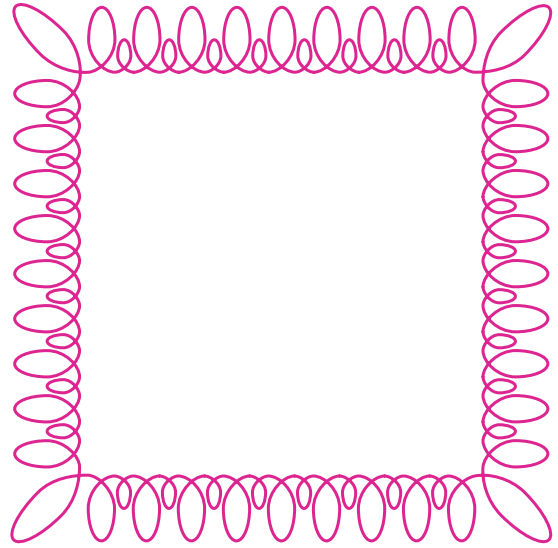
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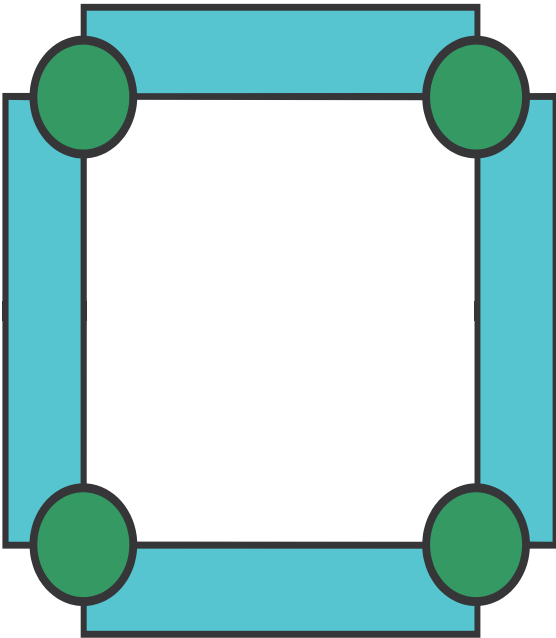
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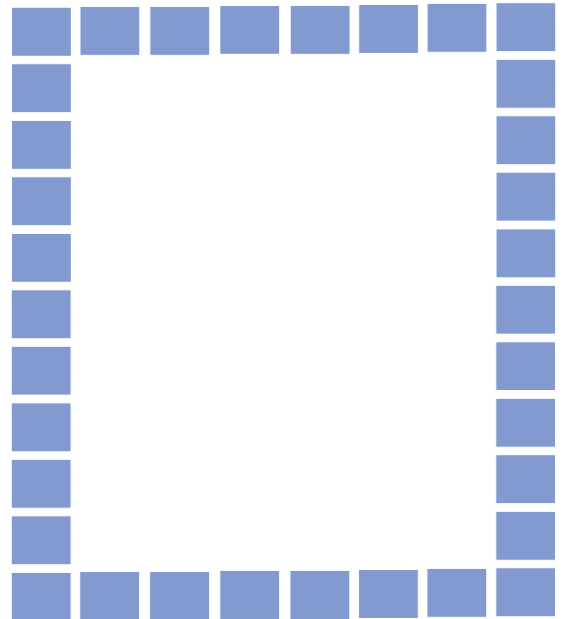
\_\_\_\_\_ has influenced my life by  
\_\_\_\_\_.



\_\_\_\_\_ has influenced my life by  
\_\_\_\_\_.



\_\_\_\_\_ has influenced my life by  
\_\_\_\_\_.



\_\_\_\_\_ has influenced my life by  
\_\_\_\_\_.

### Korean birthday parties

Although some people believe that a preborn baby is not yet a person, the Bible teaches that life—and personhood—begins at our creation, not our birth. The Korean culture affirms that life begins at conception by including the time in a mother’s womb when calculating a person’s age. Remind your child of her “true” age and consider celebrating the special day nine months prior to her next birthday.

### The big picture

Work on a puzzle with your child. As you work, the picture is revealed a little at a time. Similarly, when a child is born, we only see a glimpse of who he will become. He continually changes and grows, gradually revealing to us “pieces” of himself. God, on the other hand, sees the complete picture before we are even created. Read [Jeremiah 1:5](#) together, and discuss how God knew each one of us before we were even formed.

### Blessings for babies

Nurture compassion toward babies and expectant parents. Take your child shopping and allow him to select baby clothes, blankets or other supplies to give to those in need. Later, visit a pregnancy resource center or shelter for pregnant women to donate the items in person.

### Valuing God’s workmanship

Dani’s mother would drag her to thrift stores and antique shops in search of collectibles and other treasures. Whenever her mom would look at a price tag, she would ask Dani, “And what are you worth?”

Well trained by the ritual, Dani would respond, “I’m priceless because God made me.”

Through everyday conversations, you can instill a healthy spiritual identity in your children by reinforcing that they are “fearfully and wonderfully made” ([Psalm 139:14](#)). Valuing God’s workmanship is foundational to a child’s healthy self-image.

Ask your kids the following questions:

- When do you feel that you’re not worth as much as others?
- How do your friends show they value you?
- If you were on display at a collectibles show, how would you describe yourself? (Listen, and then read [Genesis 1:27](#) together.)



- How does God assign value to you since you're made in His image?
- What can I do to help you feel valued?

### Helping children see God in others

Together make a list of the ways your child was “fearfully and wonderfully made.” Then during the week, affirm your child’s gifts and personality traits.

Discuss these concepts with your children: How do you know if something is alive? Where does life come from? What is the difference between human and animal life? (God made us in His likeness. We’re set apart to be like Him.) If human life comes from God and belongs to God, how should you treat . . . your siblings? . . . your grandparents? . . . a classmate with special needs? . . . your teachers? . . . someone who teases you? . . . a homeless person? . . . a baby yet to be born?

### Did I say that?

We love to tell our kids how special they are because God made them, but do our overheard comments send a different message about the value of life? Briana Stensrud, director of life and community care for Focus on the Family, offered the following advice:

#### What we say . . .

- “Did you hear that Megan is pregnant again? Doesn’t she know where babies come from?”
- “Wow, the Shermans’ teen daughter is pregnant! I suppose college is out of the picture now.”
- “I don’t care if it’s a boy or a girl, as long as it’s healthy.”

#### What our kids may hear . . .

- Babies are accidents to be avoided.
- Having a baby can ruin your life.
- People with special needs have less value.

**Instead, let’s be intentional about communicating that *every* child is a blessing from God, not a burden:**

- “Did you hear that Megan is pregnant again? That’ll be one more baby to love!”
- “The Shermans’ teen daughter is going to have a baby. I wonder how our family could help.”
- “I don’t care if it’s a boy or a girl. We’re just excited to see who God is sending to our family!”



# TEEN PHASES<sub>(13-18)</sub>

Knowledge + compassion = power to impact lives

*Life is sacred.* Your teens have heard this phrase over and over, and yet they may still question whether to voice their pro-life convictions to a friend considering abortion. They may also struggle with doubts about their own self-worth. Use the following discussions and resources to help your teens develop compassion and confidence.

## You are worthy

“Who am I?” is a question that our culture answers daily for your teens through media messages, sports stars and peers. These influences shape your kids’ self-worth by measuring their beauty, talent and wealth against a cultural “standard.” Do your teens believe human dignity is inherent or earned? Are they struggling with the concept of respect—for themselves as well as for others? Discuss the inherent worth and the sacredness of their lives with them:

- What does *sacred* mean?
- What gives your life value? (Read [Genesis 1:27](#) together. Have your teens answer that question again.)
- If all human life is sacred and worthy of respect, how does that influence the way we treat kids who may not be “cool”?
- Why is everyone entitled to respect? Read [Psalm 139:1-18](#) together, and then have your teen answer that question again.
- How does respect affect family relationships?
- How can I better model respect in our relationship? What can I do to affirm your value? (Tell your teens they have inherent dignity and worth both to God and to you.)



## Rehearse the message: preparing teens to be a voice for life

From a casual discussion about last night's episode of "Teen Mom" to a friend seeking advice about a recently discovered pregnancy, most teens will encounter real-life opportunities to participate in the value-of-life debate. Facilitate an ongoing, open dialogue with your teen to prepare her to confidently discuss this topic with others. Encourage her to ask questions if she is unsure of biblical truths, and share your own understanding of Scripture's messages about the value of life.

As part of your dialogue, talk through the following scenarios from Christian counselors Shelby and Charles Hall, preparing your teen to respond with love and truth to people with different viewpoints, friends in crisis or someone needing to hear a message of forgiveness.



Your friend has learned she is pregnant and is unsure what to do.

- How do you think your friend might be feeling?
- How could you demonstrate compassion? How might you show her she can trust you?
- What types of resources could you share?
- Who might be able to assist your friend in making a rational decision rather than a rash, emotional choice?
- What help might a Christian counselor offer? How about a pregnancy resource center?
- Who could offer guidance if your friend is considering an adoption plan?
- If you learn that your friend is considering abortion, how could you share your beliefs about the value of life?
- Who might be able to educate your friend about the long-term emotional and physical effects of abortion?



Your friend wants to keep her pregnancy a secret from her parents and other adults.

- What kind of support might a trusted adult offer that peers cannot (e.g., financial support for counseling services or medical bills, additional resources unknown to you, facilitating a conversation with your friend's family members, and so on)?
- Think about who the trusted adults are in your life. Does your friend have anyone she could turn to? How could you encourage her to confide in these trusted adults?

- How might it be beneficial for your friend to talk with someone who also experienced an unexpected pregnancy and decided to parent the baby or make an adoption plan?
- How could you pray for your friend?

## Your friend tells you she had an abortion in the past.

- What emotions may she be experiencing now? How could you show compassion to her?
- What Scripture passages might be comforting to her (examples: [Ephesians 1:7](#), [Psalm 32:5](#), [Hebrews 8:12](#), [1 John 1:9](#))?
- To whom could she turn for additional counseling?
- What support might a professional counselor offer that you may be unable to provide?

## You encounter abortion advocates at school or among friends.

- How would you feel voicing beliefs that are different from your peers?
- What could you say if asked why you are pro-life?
- What could you say if someone says that abortion is not wrong because a fetus is not a human being? How do you know that a fetus is fully human? How could you respond to someone who says a woman's right to choose is more important than a fetus' right to live?
- Why might it be helpful to research pro-abortion arguments?
- How could you communicate a pro-life message without being angry or disrespectful?
- Has someone ever gotten angry or made fun of you for your pro-life beliefs? Role-play being the other person and speak as he or she spoke to you, and I'll act as the pro-lifer. Then you and I can brainstorm together how to respond better the next time.

For every young woman experiencing an unexpected pregnancy, there is also a young man who is greatly impacted by decisions made about the pregnancy. Talk with your teen boy about how he could respond in the following situations:



Your friend has learned his girlfriend is pregnant but decides it is not “his problem.”

- Has your friend asked you for advice, or did he simply mention the situation with his girlfriend in an offhand way? What influence might you have? What could you do for your friend (examples: talk to him, pray for him, look for opportunities to offer advice or help)?
- Do you or your friend know any young fathers who are doing well in family life? Why is it important for your friend to talk with others who have been through what he is going through? What things might he not have considered?
- How would you feel in your friend’s situation? What might be driving your friend’s response (examples: fear, uncertainty, feeling inconvenienced, irresponsibility)?
- In what ways might your friend be a great father? In what ways might he not be responsible enough to be a father? How might he have to prepare for fatherhood in the areas where he is irresponsible? If you were in his situation, how would your life have to change? Where would you need to be more responsible?
- If your friend chose to be involved in the pregnancy, who might be a support for him? What are some practical things you could do to support him?



Your friend is pressuring his pregnant girlfriend to have an abortion.

- Do you know what you believe about the abortion issue? Explain. If not, consider going through the following Scriptures together: [Jeremiah 1:5](#), [Galatians 1:15](#), [Psalm 127:3](#), [Psalm 139:15-16](#). Then, discuss what God is telling us about the life of a preborn child.
- What sources does your friend trust (examples: TV, internet, friends, parents)? What information is available from these sources that you could share? How might this help him think through his decision?
- If your friend asked for advice, how could you talk about what impact an abortion might have on him? On his girlfriend? How can you encourage him to consider all the options before making a choice? Who could help facilitate the discussion between your friend and his girlfriend so they explore all of their options?
- If he is open to considering options, where could your friend go for information about making an adoption plan? What might be the impact

of adoption on your friend? On his girlfriend? How could you encourage him to discuss with his girlfriend the possibility of making an adoption plan?



## Educate your teen

Prepare teens to be advocates for preborn babies and pregnant moms by equipping them to offer accurate information, resources and hope to friends in crisis. Here are some links that you may find helpful as you educate your teen about the consequences of abortion and the resources available to those experiencing an unexpected pregnancy.

### [How to Help a Friend Who Wants an Abortion](#)

Often, a young woman who is pregnant is very afraid of disappointing her parents with the news. It's important for her to make a plan for how she will tell her parents, and it's equally important for her parents to know what kind of support she needs from them. Here are some online resources to help families work together to make good decisions:

[“I’m Pregnant. Now What?”](#)

[English](#) [Spanish](#)

[“She’s Pregnant. Now What?”](#)

[English](#) [Spanish](#)

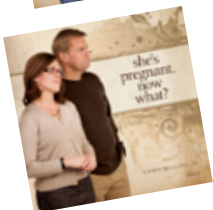
If someone your teen knows is experiencing an unexpected pregnancy, pregnancy resource centers and pregnancy medical clinics can offer free pregnancy tests, nonjudgmental and confidential options counseling, and help talking with parents. Some clinics even provide free ultrasounds. Click on the link below to locate a pregnancy center or clinic in your area and see what services they provide.

### [Optionline](#)

A teen considering abortion may be unaware that her baby’s heart began beating only 21 days after conception—possibly before she even knew she was pregnant. Your teens can share this free, downloadable booklet with a pregnant friend to help expand her knowledge of fetal development.

[“The First Nine Months”](#)

[English](#) [Spanish](#)



# TEEN PHASES



Adoption is an important option to discuss with those experiencing an unexpected pregnancy. This booklet provides good information about the three adoption types, which respect the dreams and plans that a young woman may have for her own future, as well as that of her baby:

“I Might Consider Adoption If . . .”

[English](#)   [Spanish](#)

If a friend has had an abortion and regrets her choice, here are some helpful online resources you can share to help her take the first steps toward healing and forgiveness:

“Healing the Hurt”

A safe place to begin a healing journey for those whose lives have been impacted by their own abortion choice or someone else’s abortion: [Abortion Changes You](#)

Expand the definition of *pro-life*. Help teens understand that a pro-life perspective includes helping a friend facing an unexpected pregnancy to first feel your compassion, then hear that choosing life is best for *her*, too, not just for her child. Abortion procedures and abortion pills not only end the life of a child but also may pose serious risks to a woman’s reproductive health and emotional well-being.

[Click here to explore more about this topic.](#)

Pro-life isn’t a concept focused solely on the preborn. It’s a worldview that helps people to see others as God sees them, at every stage and condition of life. This four-minute video, [The Dignity of Human Life](#), is a nonpolitical, biblically based explanation of what it means to be pro-life.

## Free resources

*Focus on the Family*® magazine articles

- “Who Am I?”
- “Life Is Sacred”
- “Facing the Truth”
- “Two and a Half Hours With Audrey”
- “Cultivate Compassion in Your Kids”
- “Valuing the Elderly”

*Focus on the Family Clubhouse*™ magazine articles for kids

- “The Fab Hatter”
- “God’s Wow Factor”
- “When I Look at Maria . . .”

*Focus on the Family Clubhouse Jr.*® magazine article

- “Made for a Purpose”

## Available for purchase

Visit [Focus on the Family’s store](#) to find:

### Broadcast

[Reaching Hearts on Abortion I-II](#)

### Books

[Pro-Life Answers to Pro-Choice Arguments](#)

by Randy Alcorn

[Unplanned](#)

by Abby Johnson

### Audio Dramas

[Adventures in Odyssey](#)®: “Underground Railroad,” parts 1-3  
(found on [Adventures in Odyssey](#)® No. 24: *Risks and Rewards*)

[Adventures in Odyssey](#)®: “Pamela Has a Problem”

Parent note: Please be advised that this episode addresses mature themes including abortion.



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Portions of this document were created by Tricia Goyer, D’Arcy Maher, Renee Gray-Wilburn, Susan Martins Miller, Marianne Hering and the *Focus on the Family* magazine staff.

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