

## How to enhance your child's experience at General Assembly

General Assemblies can be invigorating and downright inspiring, but they also can be exhausting for everyone – adults and children. A few of our thoughts and tips can help you pace yourself for the whole gathering:

Check out: <http://www.docfamiliesandchildren.org/general-assembly-info-2017>

- **Start each day with an open mind and a flexible attitude.** Even the most carefully planned trip will take unexpected turns when young children are involved.
- **Wear comfortable shoes.** Convention centers are large and walking on the concrete floors all day is tiring *for any age person*.
- **Wear layers.** Convention centers typically are cold and drafty even when the outside temperature is sweltering.
- **Carry refillable water bottles and wholesome snacks.** Stock up on healthier snack options to keep with you before hunger or thirst strikes.
- **Bring reusable bags or backpacks** to the exhibit hall for collecting souvenirs.
- **Record memories as you go.** Carry a journal or camera for each member of the family to record experiences. Those too young to read and write can collect items and draw pictures to paste in their journals.
- **Discuss the meaning of the assembly theme, "ONE."**
- **Look over the themes of worship ahead of time.** Assembly worship services last about 90 minutes. If you find it is not feasible for your young children to attend worship every night, even with the art materials and the family friendly spaces, consider letting the children choose which service(s) they would like to attend.
- **Talk about the many different children's program activities.**
- **Look at a map of the convention center.** Find where the children's programs are located, where business sessions and worship services are held, where the exhibit hall is.
- **Make a plan about what to do/where to meet if you get separated from one another.**
- **Look over the list of exhibits** and decide which exhibits will be visited and when. The exhibit hall can be overwhelming for young children. Keep in mind that some exhibitors will have videos, music, and other presentations of interest to children.

*If you have additional ideas about how to make General Assembly attendance a safer and more meaningful experience for family and young children, please be in touch with Family and Children's Ministries at [familiesandchildren@dhm.disciples.org](mailto:familiesandchildren@dhm.disciples.org)*