

Hello and welcome to Cubs! This is quick guide to help you as parents understand what our vision is for your children, what Cubs looks like and to help your child know what to expect. We want you as parents to be excited for your child to join our kids' work, for them to feel safe, loved and have fun.

Freedom Kids Vision:

To raise children who are certain of who God is and certain of who they are

We are passionate about raising kids who will know God as their Lord, Saviour and best friend. We have a vision for all our kids to impact their nurseries, schools, friends, families and even their nations with the good news of Jesus. We believe this is possible by knowing God well enough that they trust him to live sacrificially for Him; feeling fully free, overflowing with His joy and peace as they stand firm in their identity as Him as their heavenly Dad.

We want every child to have a setting where they feel safe and engaged in the activities before them, but we also really want Freedom Kids to be a fun place! Jesus tells us that He has come to give life in all its fullness (John 10:10). We at Freedom Church have a DNA, a core value, that states we are determined to have joy that stands in opposition to lifeless religion, that instead dancing and laughter will mark our lives and we want this to reflect down to our kids. Through the songs, craft, games and friendships built we aim to make Sunday the best day of the week!

When children have secure attachments it has a positive impact on the child's neurological, physiological and psychosocial development[1]. We believe the same is true with God. When we have a positive and secure attachment to our Creator we are more likely to be happier, make the right choices and be outward looking for others[2]. We take this responsibility seriously and make it a priority to invest our time and resources into them. In each session we ensure that God's message is not only engaging but understood and hands on, so they know how to apply it to their life during the week.

What is Cubs?

Cubs is our toddler and preschool kids' group (aged 18m to 4year old) which runs at the same time as the talk in adults. Our group aim in Cubs is to **Begin discovering who God is and how he made them to roar!** We do this by having a year long curriculum which covers the most well known stories from the bible. Each one has a key take away message from each session. This will be simple and easy to understand but crucially is a fundamental truth about who God is or what he thinks of us. This is repeated throughout the event through moments of play, stories, craft and prayer to help memory recall and is signed in BSL (British Sign language) throughout the event for children who do not yet have language to be able to engage verbally.

What will they do?

We have a consistent routine to keep kids having fun, engaged and on track. We create sessions which lead up to the transition into our older groups and into a school environment by incorporating a curriculum relevant to them. We are passionate about our kids' being on a constant journey of development in their spiritual lives but also in communication, physical, social and emotional development and as such map activities to this National Developmental Curriculum for Early Years.

Repetition helps young children build strong brain connections, master new skills, and feel emotionally secure[3,4]. With this in mind, we have the same story and key takeaway message for two weeks in a row which we see increases the engagement and knowledge of kids, turning short-term memories into long-term knowledge. We also find this creates emotional safety with the predictability of routines and familiar stories helping to reduce anxiety and creates a space for learning.

The structure of Cubs is:

1	**Free play:** A time for children to explore, engage with different play spaces and build meaningful relationships with their peers and our Kids Team. Through games, demonstrations and hands-on activities we help children to start engaging with the Bible of the day before they even have story time.
2	**Story:** A highlight of our event that is highly interactive with repetition, rhymes, counting, pictures and lots of funny facial expressions!
3	**Craft:** A meaningful, fun exploratory time where kids can express themselves and take something home afterwards to remember God's truth and love.
4	**Prayer:** We believe in the power of prayer. We consider it a privilege to not only pray for this amazing generation but to teach them that God moves when they pray too.

What are the practicalities?

Kids will leave the main event space after worship and go with the leaders to their room. As children get older, we encourage them to walk together but for those who need additional support they can be carried by our volunteers.

We do not allow parents into the Cubs' room whilst children are there for safeguarding purposes but we do encourage parents to visit before or after the event if they wish to do so. If you feel more comfortable you are welcome to walk your child to the door of the Cubs' room.

The children will then join their parents whilst discussions continue in the adult event having the opportunity to play with each other or independently with the games, toys, puzzles, books, colouring and activities provided, along with snacks under their parents/caregivers responsibility. Children will be signed in and out of our care by volunteers electronically to ensure their safety.

Safeguarding

Every child that walks through our doors is precious to us at Freedom Church, and because of this, we have safeguarding policies in place to protect the children that are in our care. This includes adhering to correct adult-child ratios, relevant background checks for our staff and training for volunteers. Safety is a huge priority for the Freedom Kids team and we are constantly reviewing our procedures and ensuring that each individual child is treasured.

FAQs

What should I bring?

Nothing, we have all the equipment ready and waiting!

What are your adult-to-child ratios?

We follow government-advised ratios in each age group. 1-3 in Cubs and 1-8 in Adventurers.

What should my kids wear?

Play clothes are encouraged! Kids is a fun, hand-on experience and although all our activities will always use washable materials they might get messy for the day!

What if my child is unsettled?/ Can I stay with my child?

We find that children tend to settle best without their parent/caregiver present. We don't allow parents or caregivers into our kids spaces to keep them a safe space for all. We are very happy to take upset children and contact you if they do not settle. We encourage parents to have a look around the room before the event starts to show their child where they will be going later. If your child is upset we are comfortable and trained in settling an anxious or sad child but will always set a 2 minute timer and inform you if they are still upset at this point through a volunteer in the main event space. At this time, you can make a decision as to what is right for you and your child. After 10minutes if your child remains upset, we would contact you to ask for you to care for them in the main event space. We will then work with you help your child get to a place where they are excited to come into the room independently, this sometimes happens within a week and sometimes takes longer but we are committed to the process.

Do you help with toileting or nappies?

Cubs: We encourage the parents of 2-4yrs to toilet/have a fresh nappy before coming into Cubs. We do not assist with this due to the facilities and will contact the parents if this is required during the session.

How do you manage behaviour?

With kindness and clear boundaries. We support each child individually and help them manage their emotions, seeking to see the cause behind the behaviour and how to help them learn for future events. We use reminders to help children remember to use their kind hands and words with others.

References

1 Howe, D. (2011) Attachment across the lifecourse: A brief introduction. Basingstoke: Palgrave Macmillan.

2 Chen, Y. and VanderWeele, T.J. (2018) 'Associations of religious upbringing with subsequent health and well-being from adolescence to young adulthood: An outcome-wide analysis', American Journal of Epidemiology, 187(11), pp. 2355–2364.

3 Horst, J.S. (2013) 'Context and repetition in word learning', Frontiers in Psychology, 4, article 149. doi: 10.3389/fpsyg.2013.00149. Available at: https://pmc.ncbi.nlm.nih.gov/articles/PMC3619249/ (Accessed: 6 September 2026).

4 Selman, S.B. and Dilworth-Bart, J.E. (2024) 'Routines and child development: A systematic review', Journal of Family Theory & Review, 16(2), pp. 272–328. doi: 10.1111/jftr.12549. Available at: https://onlinelibrary.wiley.com/doi/10.1111/jftr.12549 (Accessed: 6 September 2026).

Our Kids Church Code





We listen.





We try.



We are kind.



We tidy up.