

Parenting Workshop: “Laying a Sturdy Foundation”

February 29, 2020

- 1. The most powerful educational tool is MODELING** – providing an observable pattern of behavior. Do you want your child to talk the way you talk; drive the way you drive; eat and drink; watch your kinds of TV shows; handle money; balance work, family, and church time; handle their anger the way you do? Assignment: Describe an attitude or behavior that you are uncomfortable passing down to your child. What is your plan to change it?
- 2. Priority of relationships: God – Spouse – Children – Church – Others**

All lower relationships are affected the most by the higher-priority relationships. To improve your marriage, improve your relationship with God. To help your marriage, love God more; to help your children, love God and your wife more, etc.

You need good supportive friendships in the church. And your children’s connection to your close friendships will have a major impact on their faith.

Nurture a strong relationship with your children.

Reinforce character: self-control, respect, cooperation.

Teach them to identify truth and to be aware of Satan’s lies. Teach discernment.
- 3. Strengthen the Parental Attachment and prevent highly detrimental Peer Attachment.**

Ensure their emotional tank is being replenished by practicing focused attention, positive eye contact, and physical affection. Control distractions, such as social media, talking on the phone, TV watching, that defeat focused attention in your family. Play games, have great family vacations.
- 4. Use a lot of Descriptive Praise.** This practice not only teaches obedience, but it builds connection. Compliment their good character traits and behavior. Be descriptive, and connect it with a positive character trait (e.g., maturity, being responsible, kindness, love). Avoid superlatives like “awesome.” Notice and use DP every time he does it right or even just a bit better. Can also use DP to train out of an annoying behavior. (Notice when he is not doing the annoying behavior and praise him.)
- 5. Teach them to discern Truth.** We live in a post-Christian world with lots of anti-Christian sentiment. They need to challenge the way our culture hijacks terms such as tolerance, bigotry, hate, love, choice. Discuss TV shows, movies, songs, billboards. Apply truth to examine moral issues, sexual practices, pornography. Teach them to base beliefs on evidences, not just emotions or what someone says – not even on just what their parents believe. Teach them to know the evidences that are a firm support for their own faith in Jesus and in the reliability of the Word of God.
- 6. Teach them God’s plan for sex.** Start young using age-appropriate books that make it easy for you, the parents. Early messages are the most powerful. Talk regularly about purity and the reasons God is concerned that they follow his plan. Give your kids a plan on what to do in various situations, or when they come across something inappropriate (including turning away from pornography).
- 7. Discipline.** Let kids know your rules and expectations and that you expect them to obey the first time. “This will happen if you disobey.” Three important categories are honesty, kindness/respect, and obeying the first time. Do NOT give warnings. Do NOT bribe. Never discipline in anger. Reassure them of your love, and never withdraw love as a means of discipline.

8. **Anger Management.** Be a good model of anger management yourself! Passive aggressive behavior is the absolute worst and destructive way to handle anger. Allow your child to express his negative feelings, and help him learn to use the positive ways of dealing with his anger. Be approachable and calm, don't overreact, and use descriptive praise to encourage him in good ways to manage anger.

The Anger Ladder (First 5 Are Positive, then Progressively Worse)

1. Pleasant behavior
2. Seeking resolution
3. Focusing anger on source only
4. Holding to the primary complaint
5. Thinking logically and constructively
6. Unpleasant and loud behavior
7. Cursing
8. Displacing anger to sources other than the original
9. Expressing unrelated complaints
10. Throwing objects
11. Destroying property
12. Verbal abuse
13. Emotionally destructive behavior
14. Physical abuse
15. **Passive-aggressive behavior**

Recommended Books

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| 1. A Spirituality of Living | Henri Nouwen | Your relationship with God |
| 2. Calmer, Easier, Happier Parenting | Noël Janis-Norton | Using descriptive praise |
| 3. How to Really Love Your Child | Ross Campbell | Important foundations |
| 4. How to Really Love Your Teen | Ross Campbell | Keeping the Connection |
| 5. Shepherding a Child's Heart | Tedd Tripp | Heart, not just Behavior |
| 6. Mama Bear Apologetics | Hillary Morgan Ferrer | Teach truth discernment |
| 7. Hold On to Your Kids | Mary Pipher | Parental vs peer attachment |
| 8. Teaching Kids about God | Trent, Osborne & Bruner | Intentional about the goals |
| 9. The Smart Stepfamily | Ron L. Deal | The challenges of stepfamilies |

Recommended Websites

Use CTRL-Click below (not just Click) to avoid losing your place

1. <https://mamabearapologetics.com/resources/> Resources for discerning truth
2. <https://puritygodsway.com/sexual-purity/for-parents/> Resources for teaching kids about sex