

Parenting Workshop

Orlando Middle School Moms, 6/28/2020

Debbie Mattox

Discussion Questions

1. What did you enjoy when your children were young?
2. What do you wish you had taken advantage of more (or done differently) when your kids were younger?
3. Do your middle-schoolers catch you enjoying them?
4. Since your middle-schoolers have had to stay home more, have they developed any new interests or skills?
5. Give some examples of situations that lead to a kid's anger?
6. What are some questions that your middle-schoolers would like to ask God?

How to Really Love Your Teen

Mama Bear Apologetics

by Ross Campbell

by Hillary Morgan Ferrer

(Keeping the Connection)

(Teach truth discernment)

Strengthen the Connection

- Intimacy: sharing deep feelings, being emotionally vulnerable
Note: Peer relationships (not vulnerable) cannot compete
- Provide structure for intimacy: something you do regularly, like taking walks, walking the dog, nighttime rituals
- Teach your kids about sex, starting early (use the books)
- Talk about everything, especially what kids are interested in
- Have meals together
- Take family vacations
- Create family traditions
- Family devotionals (simple, short)
- Expand the Parent-Child Attachment to your friends and your child's teachers
- Talk about your relationship
- Keep the emotional tank full

Anger Management

- Many parents refuse to allow their children to express unpleasant feelings – especially anger.
- Anger is normal and not bad in itself.
- If anger isn't allowed to be expressed, negative feelings persist.
- The problem is not anger itself, but not properly managing it.
- Most people do not know what to do with their anger.
- Passive-aggressive behavior (PAB) is the worst way to handle anger.

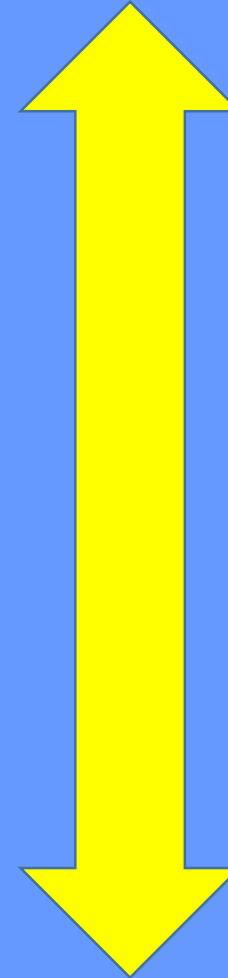
Passive-Aggressive Behavior

- The absolutely worst way to handle anger
- Opposite of open, honest, direct verbal expression of anger
- Gets back at another person indirectly:
 - Stubbornness
 - Dawdling
 - Procrastination
 - Forgetfulness
 - Sabotaging
- The subconscious purpose is to make the other person upset, angry, hurt, or feel guilty.
- PAB is the cause of most problems with teens: poor grades, drug use, sexual misconduct, anti-social or anti-authority attitudes, suicide attempts, or committing crimes.
- Can become a permanent trait if not corrected by age 16 or 17
- PAB is very common

The Anger Ladder

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**

More Positive Behavior



More Destructive Behavior

Teach Them Discern Truth

- Give them reasons and evidence for the truth of the Bible
- Teach “critical thinking” to separate truth from falsehood or half-truth
- Teach them to discern the belief being portrayed by songs, books, TV programs, etc.
- Give them evidence of the truth of the Bible and Bible principles
- Apply truth to examine moral issues

Evidence-Based Truth

Love the Lord your God with all your heart and with all your soul and with all your mind. (Matt 22:37 also Mark 12:30 and Luke 10:27)

Always be prepared to give an answer to give the reason for the hope that you have. But do this with gentleness and respect . . . 1 Pet 3:15

Have nothing to do with the fruitless deeds of darkness, but rather expose them. Ephesians 5:11