**Parenting takes a whole lot of Grace.**

**A good place to start is :**

**Love and Affirmation**

1. Love is Godlike; it is God's grace in action. Love in parenting is honoring, cherishing, and affirming your child.

2. Affirmation is validation or confirmation of a child's worth and value.

3. The Bible teaches that God is our Heavenly Father and loves us with an unconditional and sacrificial love. He expects us to express this kind of love and affirmation to our children.

4. Three ways we can show love and affirma­tion for our children.

• Through our accessibility

• By being willing to learn from our children

• Through the biblical example of blessing

5. Seven principles of love and affirmation that apply to parenting:

• Give God first place in your life.

• Love others (children, spouse, neighbors).

• Have a healthy self-concept.

• Unconditionally love your children.

• Love your child and attack the problem(s).

• Love and affirm your child by respecting her uniqueness. \*

• Practice love and affirmation.

**Discipline and Guidance Proverbs 22:6**

**Principles to learn**

**\_\_ 1. I understand my child's development.**

**\_\_ 2. I listen to my children.**

**\_\_ 3. I am a good observer.**

**\_\_ 4. I speak kindly, quietly, yet firmly.**

**\_\_ 5. I speak on my child's level.**

**\_\_ 6. My house is child proofed.**

**\_\_ 7. I identify appropriate limits.**

**\_\_ 8. I am consistent in maintaining neces­sary limits.**

**\_\_ 9. I encourage my children's development of freedom within limits.**

**More Principles**

**1. I encourage my child's feelings of self-worth and self-esteem.**

**\_\_ 2. I guide my children toward self-disci­pline and self-control.**

**\_\_ 3. I teach my children to relate appropri­ately to others.**

**\_\_ 4. I help my children grow toward emo­tional maturity.**

**\_\_ 5. I help my children grow toward their po­tential in spiritual and moral develop­ment.**

**Discipline Affirms Behavior**

1. Appropriate behavior is behavior consid­ered suitable and acceptable by the parent.

2. Appropriate behavior depends on the child, the parent, and the situation.

3. Methods of reinforcing appropriate behavior:

• Scout ahead.

• Match the reinforcement to the child's age.

• Reinforce appropriate expressions of feelings.

• Reinforce your child's unique personality.

• Reinforce the specific behavior of the child.

• Reinforce appropriate behavior by val­idating the child's positive experiences.

• Reinforce appropriate behavior by ac­centuating the positive.

• Reinforce appropriate behavior by lov­ing unconditionally.

Responses to Inappropriate Behaviors

**Summary**

1. Inappropriate behavior is behavior consid­ered unsuitable and unacceptable by the par­ent.

2. Results or consequences of a parent's focusing on inappropriate behavior and failing to handle it properly:

• Negative and punitive home atmosphere

• Children become more aggressive.

3. Nine methods for dealing with inappropri­ate behavior:

• Identify and emphasize appropriate be­havior for your child.

• State the boundaries.

• Live by your own boundaries unless you have a good reason for not doing so.

• Respect your children.

• Fit your expectations to your child's age.

• Label the behavior, not the child.

• Be selective in response to children's mis­behavior.

• Be swift and sure.

• Make discipline understandable.

Utilizing Teachable Moments

1. A teachable moment is the daily oppor­tunity to discipline and guide our children to­ward Christian maturity.

2. Parents are responsible for teaching their children through all the events and circum-

Seizing the Teachable Moment

stances of everyday life.

Six guidelines for recognizing and using teachable moments:

• Know your child.

• Discuss; don't lecture.

• Be honest.

• Be available in everyday events.

• Teach as you discipline.

• Create your own teachable moments

• What is one action you can take to be a better teacher with your children?

• How can you become more sensitive to spon­taneous teaching moments with your child?

*•* Do you agree or disagree with the following state­ment? Why? "Values and beliefs are more easily caught than taught."

• What are some spiritual and moral lessons you are teaching your children by example?

• Do children *always* follow the example of their par­ents?

• What was a recent occasion when you responded to your child, "I don't know"?

• Do you find it difficult or easy to talk with your child about spiritual matters?

Mastering the Home Life Patterns

**Summary**

1. Children have special needs at each stage of their development. Spending time to­gether as a family can help to meet many of these needs.

2. *Home Lifetime* is a weekly period of family time spent on a common project or goal. The focus is on being together. The five elements of Home *Lifetime* are evaluation, celebration, rec­reation, anticipation, and preparation.

3. The benefits of *Home Lifetime* are many. Home *Lifetime* helps children—• grow in self-esteem;

• be encouraged to discover and develop interests and abilities;

• accept and communicate feelings;

• learn how to relate to others;

• be treated as someone special making a unique contribution to the family;

• appreciate the importance of working and playing together as a family;

• begin to understand the world about them;

• become aware of opportunities to minister. Home *Lifetime* helps parents—

• love and affirm each child;

• recognize and encourage each child's de­veloping interests and abilities;

• guide children in appropriate expressions of feelings;

• reinforce appropriate behavior;

• offer alternatives to replace inappropriate behavior;

• recognize and use teachable moments;

• teach through example;

• become aware of opportunities to minister.

4. Guidelines for planning and participating in *Lifetime at home:*

*•* Keep activities short and simple.

• Schedule the family time at your children's prime time.