



Week 3

How do you parent: What I say goes? I own you. Because I said so. Don't question me.

I wonder what my kids are up to. As long as they are home by the time I lock the door all, is good.

Statics show that children that grow up with these types of parents will get into trouble. Some will get into trouble just to get your attention. Others will get into trouble later in life because they were never allowed to make choices and there was never an explanation except because "I said so".

Kids love, whether they tell you or not, structure and discipline. But rule number 1... it has to be consistent.

So lets look at 3 types of parenting.

Authoritarian

- Always in control of the children
- Strict rules
- No expression of warmth or affection
- Critical of children not meeting your standards or expectations
- Not explaining "why" - Just saying "because I said so"
- Children do not learn to think for themselves

Permissive

- No rules or very few
- Giving children as many choices as possible even when child is not capable of making good choices
- Accepts behavior – good or bad
- Give up control to the children

Authoritative

- Help children learn to be responsible for themselves
- Think about consequences
- Provide reasonable expectations
- Give explanations for "why"
- Give child choices based on their ability

Now that we have looked at the parenting styles how do you parent? _____

Is this a good parenting style or do you need to change? _____



This week's quiet time will be a little different structure. You will find a verse but I will also have questions for you to answer about parenting.

“Take your son, your only son—yes, Isaac, whom you love so much—and go to the land of Moriah. Go and sacrifice him as a burnt offering on one of the mountains, which I will show you.”
Genesis 22:2(NLT)

Do you love your children enough to let them sometimes fail at something so that they will learn the lesson?

We don't want our children to get hurt so we try to fix it. If God told you to stand back while your child went down a path of destruction could you? Or would you have to fix it?

God does not always fix all our problems the way we want them to be fixed, but He fixes them the way they need to be for us to learn the most.



Day 2

Scenario: You just mopped the kitchen floor and “Tommy” walks in and tracks mud all over. Immediately you yell, “I can’t believe you did this- you are so stupid- what were you thinking? Oh that’s right you weren’t”.

Next week same scenario, but this time you don’t say a word. You just clean it up.

Parenting like this, they never know what to expect if they do something wrong, so in reality when they get older they will never tell you anything

Parenting also means, consistent discipline and watch your words carefully.

Tell me about your childhood when it came to being disciplined:

What was a punishment like when you were younger?

Was there anger involved...violence...or was the punishment done through passiveness?

I remember when I was younger I was trying to help unload the dishwasher and I dropped a dish. It broke and I got into so much trouble. I remember thinking I was just trying to help; I also remember thinking that I will never yell over a broken dish when my children were trying to help.

It matters how you were parented because statistically that will show how you will parent



Then the LORD passed in front of him and proclaimed: Yahweh--Yahweh is a compassionate and gracious God, slow to anger and rich in faithful love and truth, maintaining faithful love to a thousand generations, forgiving wrongdoing, rebellion, and sin. But He will not leave the guilty unpunished, bringing the consequences of the fathers' wrongdoing on the children and grandchildren to the third and fourth generation.

Exodus 34:6 and 7 (HCSB)

Slow to anger, would it not be so cool to parent this way? We are so lucky to have a Father that loves us so much that He is slow to anger. Not only is He slow to anger but when we do wrong our punishment is not done out of anger. Can we punish without regard to our anger? Or does our anger dictate the punishment? Think about your earthly parents, in light of this verse.



Day 3

Dr Kevin Leman is a well-known author and psychologist. He says that it is not always easy to teach children why or how; but to raise children to think and not follow the crowd, well then, we need to learn to parent and parent well. He also has ABC's that are basics for raising healthy children. The ABC's are as follows

A is for Acceptance. Accept your child(ren) for who they are as an individual. Your child must know that you love them for who they are. If you continue to say "I love you", but then compare them to their sibling, or worse yet have a condition upon your love, they will begin to wonder if they really are accepted into the family.

B is for Belonging. Make sure children have a sense of belonging to the family. It was once said that whoever loves a child first will get their allegiance. So if you are not loving your child but the "streets" are, then your child will feel they belong to the "streets" and their allegiance to the "streets" will follow.

C is for Competence. You need to develop in your child the ability to do something well or efficiently.

Lets think about the ABC's for just a minute. Do they make sense to you?

If you do not Acept your child someone will, this is where gang activity starts (as a worse case example, or just running with the wrong crowd.) Again your child needs to Belong, if they do not belong to your family they will fulfill that longing somewhere else. This is especially important for girls to prevent teen pregnancies. Psychologists agree the need to be accepted into a group is one of the deepest needs in humanity.

When I say nurture your child's self-esteem what comes to mind _____

Well think about these few things and think about how it affected your upbringing? Maybe a tone of your voice, body language, an expression (especially those expressions we can make that say "yeah right I hear what you are saying, but I am not believing a word you are saying", then come to find out they were telling the truth all along). Think about the words that someone said to you when you were younger and how they affected you. Maybe words came at you like "your overweight, your ugly, your bad at sports" etc... there are so many words that kill a self-esteem but also your actions as a parent or lack of actions affect your child's self-esteem also.

If you as the parent are NOT nurturing your child's self-esteem and you are NOT doing the ABC's, someone or something will and you will find yourself with an uphill battle.



Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.
Ephesians 6:4 (NIV)

Yes it says Fathers there but it also means Mothers. There is a direct command for us as parents. DO NOT exasperate your children. Exasperate what does that mean? According to Dictionary.com its definition is to irritate or provoke to a high degree; annoy extremely. Are you doing that to your child? You may not even realize you are doing it, but take a look at your actions when dealing with your child and think about it.

DO NOT COPY



Day 4

We are going to transition into discipline for the last 2 days of this week.

What are your disciplining methods? _____

When disciplining set limits but more importantly be consistent.

We are going to use our “Tommy” tracking in the mud again scenario.

If your child tracks in mud and all he/she gets is a now lets get this cleaned up. Then when they track mud in tomorrow the discipline had better be the same UNLESS yesterday after you had them clean it, you then talked to them about the importance of taking off their shoes at the door and what mud does to carpets.

If you were in a great mood yesterday because you and a friend had just had coffee, and today you are stressed because all the bills arrived in the mailbox, is that your child’s fault?

Just because now is the time they decided to track mud in and you went off screaming and yelling in a fit of rage, what does that say to the child who yesterday got a its okay lets just get it cleaned up. What signals are you sending to your child?



Young people are prone to foolishness and fads; the cure comes through tough-minded discipline. *Proverbs 22:15 (the Message)*

Who is the parent and who is the child? _____

If you as the parent are just as prone to foolishness and fads then you may have bigger issues as a parent. So stop right now and reflect on what changes you still may need to make?



Day 5

Do you have house rules? _____ if you have house rules do you stick to them?

If you have house rules are they written or are they unspoken codes you have depending on how you are feeling that day? _____

Writing down on a big poster board house rules and writing them so all ages can read them or understand them is important. First of all it reminds you the parent of the rules that you have made so that you will be sure that you are not disciplining of breaking a house rule just because you feel like it should be a house rule today.

HOUSE RULES	
1.	Do your assigned chores
2.	Clean your room before you play with friends, watch TV, or play outside or play videos
3.	_____
4.	_____
5.	_____

Hopefully this not only helps you stick to the rules, but also the children will know what the rules are.

Rules to change family rules: Rules stay house rules until you have a sit down family meeting and decide that it is not going to be a family rule anymore. Don't just decide you are too tired to enforce chores or cleaning rooms and will let things slide today. The inconsistency of enforcing rules will confuse children and will create in children the idea that "rules don't really mean anything".

So what do you do if they don't obey the written rules? _____



When disciplining are you a counter?

If I count to 3 you are going to _____

First rule in counting, **don't count**. If your child knows the rules; I have asked you to do XYZ and if you do not do XYZ then this is your consequence. Period end of story.

Example: If you have given your children 5 minutes to clean a room and they know that at the end of those 5 minutes you are heading to McDonalds for a treat.

If it is not done in the 5 minutes by one child, but the other child(ren) have finished the task; you get in your vehicle with all children and go to McDonalds. The only child(ren) that gets the treat are the ones that finished the task.

Now if the reward was going out for dinner, again you still go but pack a sack lunch for the child who did not finish the task.

Do not take away a reward just because one did not have the desired outcome i.e. clean room.

Now, back to if you are a counter; the most important thing is follow through.

Follow through, if you say you are going to spank, time out, or take away a privilege then make sure you do what you said you would do.

This is why you never say "you do that again I'm going to break your leg", come on really are you going to break your child's leg... NO and if the answer is Yes then we have a bigger problem than disciplining a child.

Do you know what the real goal of discipline is? _____

The goal of discipline is to help children choose acceptable behaviors and learn self-control.



My son, do not take the Lord's discipline lightly or faint when you are reprovved by Him, for the Lord disciplines the one He loves and punishes every son He receives. Endure suffering as discipline: God is dealing with you as sons. For what son is there that a father does not discipline? But if you are without discipline—which all receive—then you are illegitimate children and not sons. Furthermore, we had natural fathers discipline us, and we respected them.
Hebrews 12:5b-9a (HCSB)

God disciplines those He loves. Teaching your child through discipline is love. It is ok to tell your child no sometimes. Being a loving parent is more than just giving us what we want. So what does these verses say to you?

Handwriting practice lines consisting of 20 horizontal lines. A large, light gray watermark reading 'DONOT COPY' is oriented diagonally across the page.



This is the last of week three use this page for any additional thoughts or questions when you meet with your group.

Lined writing area for notes. A large, light gray watermark reading 'DO NOT COPY' is diagonally oriented across the page.