

Parenting Seminar: Discipling our Children

Ps. 127:3-4 "Behold, children are a heritage from the Lord, the fruit of the womb a reward. Like arrows in the hand of a warrior are the children of one's youth."

Count the cost of parenting well:

- Good parenting requires relationship building, takes time
- Parenting is one of your most important tasks while you have children at home

I Cor. 11:1 "Be imitators of me, as I am of Christ."

Parenting begins with modeling Christ's love (1 Pet. 5:3)

- Children absorb what you do into who they are, both what they will emulate and avoid
- How you love them teaches how to love others
- **Parenting is most effective as a united team: division undermines both sides (Mark 10:7-9)**

Prov. 20:5 "The purposes of a man's heart are deep waters, but a man of understanding draws them out."

Communication:

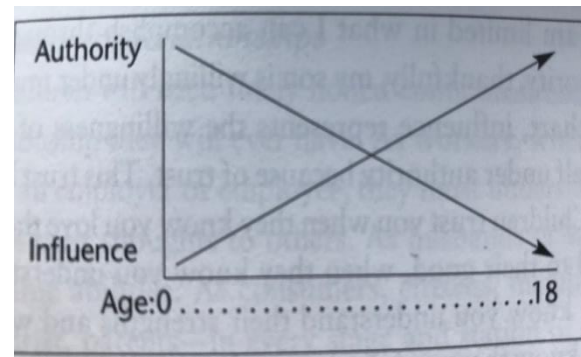
- Teach active listening by actively listening to them, asking clarifying questions and mirroring to show understanding
- Help them understand themselves (temptations, fears, doubts) to prepare them to understand the world (T. Tripp)
- Build trust that will last a lifetime.

Hebrews 12: 11 "For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it."

Healthy discipline: short term consequences, long term fruit

- Goal of discipline: teach obedience to God's authority
- Establish consistent expectations of appropriate behavior, clear logical consequences (Col. 3:21)
- Identify and affirm positive behavior
- Willful tantrum: do not negotiate, set firm boundaries
- If child has lost control of body and emotions: first regain control (connect and calm), then address boundaries, consequences, appropriate behavior
- **Always check your motivations: my heart is sinful!**

Philippians 4:6 "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."



Shepherding a Child's Heart, Tedd Tripp

10 Parenting Imperatives from Proverbs (Paul Carter, Gospel Coalition):

- 1) Fear the Lord (Prov. 1:7)
- 2) Revere the Word of God (Prov 2:6, 13:13)
- 3) Honor the Lord with your giving (Prov 3:9-10)
- 4) Appreciate Correction (Prov. 3:11-12, 13:24, 12:1)
- 5) Pursue a Godly Spouse (Prov. 12:4, 18:22, 21:9)
- 6) Learn Self Control (Prov. 6:23, 5:8, 20:1, 21:17)
- 7) Tell the Truth (Prov. 28:13, 20:23)
- 8) Build Strong Friendships (Prov. 27:10, 13:20)
- 9) Work Hard (Prov 10:4-5, 12:11)
- 10) Show Mercy to the Poor (Prov. 14:31)

When addressing misbehavior, instead of “Why did you do that?”, try:

- 1) What were you feeling when you hit your sister?
- 2) What did your sister do to make you mad?
- 3) Help me understand how hitting her seemed to make things better.
- 4) What was the problem with what she was doing to you?
- 5) In what other ways could you have responded?
- 6) How do you think your response reflected trust or lack of trust in God’s ability to care for and protect you?

Whole Brain Strategies

From The Whole-Brain Child, Siegel & Bryson

- 1) Connect and redirect: surfing emotional waves
- 2) Name it to tame it: telling stories to calm big emotions
- 3) Engage, don’t enrage: appealing to the upstairs brain (thinking/imagining/planning = prefrontal cortex)
- 4) Use it or lose it: exercising your upstairs (logical) brain
- 5) Move it or lose it: moving the body to avoid losing the mind
- 6) Use the remote of the mind: replaying memories
- 7) Remember to remember: making recollection a part of your family’s daily life
- 8) Let the clouds of emotion roll by: teaching that feelings come and go
- 9) Sensations/images/feelings/thoughts (SIFT): paying attention to what’s going on inside
- 10) Exercise mindsight: getting back to the hub
-Many benefits of “mindsight” can also be achieved through prayer.
- 11) Increase the family fun factor: making a point to enjoy each other
- 12) Connect through conflict: teach kids to argue with a “We” in mind

Starters for drawing out reluctant talkers:

- Ask about their day: what was the best part, what about your problem with your friend, how was your party or practice/rehearsal?
- Share 1 high point, 1 low point, 1 kind act from today.
- Tell me 2 things that happened and 1 that didn’t, and I will guess which are true.
- Encourage journaling, or start a journal where you take turns and can ask/answer one another questions