

- - Courageous Love - -

Guard your heart above all else, for it determines the course of your life. ~ Proverbs 4:23



Welcome - - “Mommy & Me” music



Stepping up!

- ‘Be the dad (or mom!)’ - Leverage your experiences as a tool to move forward or drown in the mire
- Choose to teach your kids to thrive & respond to situations in healthy ways
- Create a nurturing home & safe community
- Mentors
- <https://www.focusonthefamily.com/episodes/broadcast/leading-your-family-as-a-single-mom-part-1-of-2/>.
- <https://www.focusonthefamily.com/parenting/be-the-dad/>



4 Pillars of Nurturing Children

- The physical realm
 - Dr. Daniel Amen you-tube videos/ted talks: *How Dr. Daniel Amen Repairs the Brain with Healthy Living*
- The mental/intellectual realm - ‘kill the ANTs’ (automatic negative thoughts)
 - <https://www.focusonthefamily.com/parenting/5-positive-effects-reading-has-on-child-development/>
- The emotional/psychological realm
- The spiritual realm
- <https://www.focusonthefamily.com/parenting/defining-the-four-pillars-of-nurturing-children/>
- <https://www.amenuniversity.com/registration-10-day-challenge> (may be too late for the Feb. challenge)



Creating a Family Mission Statement (Recap)

- Commit to creating and living within a prescribed goal. Your mission statement may grow organically (i.e., out of a need to correct your kids’ behavior). Define your values together. Create a family logo & use visuals for kids to grasp the idea.
- <https://healthyhappyimpactful.com/family-mission-statement/>



Establishing Strong Roots - - February 2024