

“We are not called by God to do extraordinary things, but to do ordinary things with extraordinary love!” Jean Vanier



Welcome Parents & Families! **Reading & Music!** Everyone participates ~ ~ ~



“Discipline Framework”



- Gifts Gone Awry - *shift in perspective*
Skit: https://vimeo.com/973194942/712d142197?ck_subscriber_id=2898443176&utm_source=convertkit&utm_medium=email&utm_campaign=5potting_the_Good_in_Your_Child's_Misbehavior_-_15036043
- Responsibility Statements
Helping kids feel empowered
Relating & questions
- Don't sell yourself short!
'True' lies moms may tell themselves ('I always lose my temper...', 'No one understands...', 'I'm ruining my kids...', etc.) - replace the lies with truths!
Hebrews 13:20-21 "Now may the God of peace ... equip you with everything good for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever..." Remember you are well-equipped for the task :-)
- Birth order personalities - <https://www.focusonthefamily.com/parenting/how-birth-order-affects-sibling-conflicts/>



A Closer Look –

- Teething tips - <https://www.focusonthefamily.com/family-qa/tips-for-teething-babies/>
- Communication tips -
 - * A 'secret' handshake or other communication between mom/child can help diffuse a child's big emotions; one mom's example - "I'll reach over & squeeze [my daughter's] hand three times. She knows that means 'I love you'."
 - * Talk with your child at all ages – this will help him/her have a better command of language. Remember eye contact with your child :-)

Establishing Strong Roots - - October 2024 - - FPRC Parenting Class



20 Responsibility Statements to Help Your Child Feel Empowered

Questions for parents to consider, helping them prepare:

“What is it like to be my child right now? What might be holding them back from taking responsibility?”

“When have I experienced something similar, and how did that feel?”

“How does the Lord help me feel responsible in a non-shaming way?”

“What does my child need now to feel empowered and capable?”

Responsibility Statements:

1. *“If you were me, what would you tell **you** right now?”*
2. *“How can I help you this morning?”*
3. *“How can I support you to get _____ done? I’ve seen you do it, and I know you can do it again!”*
4. *“That really shows a lot of maturity to _____.”*
5. *“Wow! You really dove in and gave it a good shot.” (after a child attempts something too difficult.)*
6. *“You are such a good problem-solver. I know you will figure this out. What do you think we should do?”*
7. *“Are you happy with how that turned out? Would you do that the same way again?”*
8. *“I really appreciate how helpful you were.”*
9. *“Oooh, I’m not sure if that was a good choice. What do you think? Do you want to try again?” (said with a smile.)*
10. *“You’re such a (kind, responsible, etc) kid, and I know you’re having a tough moment.”*
11. *“What could you do that your future self will thank you for?” Or ... “What would be a wise decision that your future self will thank you for?”*
12. *“I’m not worried. I know you’ll figure this out.”*
13. *“Do-overs are for when we did something we actually didn’t want to do. Would you like a do-over?” (Parents should model do-overs on numerous occasions before inviting kids.)*
14. *“Hmmm. This is tough. What are you going to do?” (said with true curiosity)*

15. *“I know this feels hard, and I know you can do it. I’m here if you need help, but I’m going to wait until you ask me for help.”*
16. *“You really don’t want to go to practice today, and your team is counting on you. You can call the coach to let him know you won’t be there and forgo privileges for the evening, or I can take you to practice. What would you like to do?”*
17. *“Lately, I’ve noticed how much you’ve grown in ___ (a different area of responsibility) _____, and I see you’re still working on this. That’s ok. I’m still working on_____. How can I help you get started with this?”*
18. *“Part of growing up is learning to work hard at things you don’t love before you get back to the things you do love.” (Give your own examples.)*
19. *“Wow, you really worked hard on that (school paper, piano practice, sweeping kitchen floor), and it shows! High five.”*
20. *“What is your plan for getting _____ done sometime today? Anything you need to get that done?”*