



Children are a heritage (gift) from the LORD, a reward from Him ... Psalm 127:3



Happy New Year & Welcome Parents! 'Mommy & Me' - Music & Reading!



Curiosity and Focus -

- ★ What if that 'off task' moment isn't a failure of attention ... but the seed of awe?
- ★ What are my kids already paying attention to and how can I join them there?
- ★ We don't want to "train the wonder right out of them".

<https://celebratekids.com/podcasts/fcdlnys9q8ukr9ndzjg2w5032y6uap>



Diffusing 'Meltdowns'

- ★ Recognizing what is done 'partly' right instead of what's left undone.
- ★ How can I make my child feel safe with me? What does she need right now? "I'm here with you".
- ★ Patience pays off when you don't have to go over the same pattern of misbehavior.
- ★ Your child's "gift gone awry." Strengthen what is right; encouragement & equipping! Young kids use their gifts for selfish reasons. Don't lose sight of what is good in your child but hold him accountable.

<https://connectedfamilies.org/connected-families-october-2025-podcasts>

Recap of Connected Families framework. The 4 statements are detailed on in their website:

<https://connectedfamilies.org/about/framework/>





Establishing Strong Roots

FPRC Parenting Class – January 2026

Curiosity: What if their wonder is the gateway to wisdom? And what if our job isn't to shut it down but to *shape* it?

As Dr. Kathy shared on our Celebrate Kids podcast, the goal isn't to abandon the idea of focus. Kids still need to learn how to sustain attention and work through discomfort as they develop endurance in thought.

But what if we've misunderstood focus? What if we've expected it to look like silence and stillness when it might actually look like movement and questions, or wide eyes?

Dr. Kathy gave a great example: When she teaches kids what "focus" means, she asks them to look around a room and then *really* focus on one object. And what happens next is amazing. They don't just "see," they *notice*. The shape. The color. The way it leans or balances. One child even noted, "I thought it was blue. Then I realized it was aqua."

See what happened there?
Focus deepened wonder.
And wonder increased retention.

Strong-willed/Unconditional Love: when a child is given a task, i.e., cleaning up toys, we have our own expectations. While you want to encourage a job well-done, don't focus on the 1 or 2 toys left on the floor; compliment their progress even if it's small.

Listen to their ideas for problem solving; if they're acting strong-willed they may want control. "Let's decide between the ideas. If you can't decide, I'll help." You're not in competition, needing your decision to be the choice.

You are loved even when you're working through things that are hard or when you make mistakes. We remind kids that they are loved by God no matter what if they receive unconditional love from mom/dad. Builds emotional security - love isn't earned by their performance. Strengthens kids to withstand peer pressure and resist seeking approval. Protects against perfectionism that steals joy, authenticity & creativity. Keeps from having that 'problem child' identity, i.e., when I act bad I am bad. Recognize when your child struggles the most, for the opportunity to demonstrate how you value them.

Instead of timeout when your child can't get control, remind her you love her & she's safe with you but we can't continue playtime until she makes things right. Give your child 'tools'; instead of the bad behavior your child will ask for help. Patience pays off when you don't have to go over the same pattern of behavior.

Misguided Gifts: When kids really want something, they tap into their strengths to get it, not their weaknesses, "**gift gone awry**."

🤔 That lying? It might reveal creativity, quick thinking, or a protective instinct.

🤔 That whining? Could be persistence and knowing what they need.

🤔 That arguing? Might be analytical thinking and a passion for justice. (verbal child)



*Parenting Classes Offered to the
Clients of Foothills Pregnancy Resource Center*

Hope you can join our upcoming spring 2026 parenting classes where we discuss fun and creative parenting strategies! We're meeting the 2nd Thursday each month at 10:45am at FPRC. The session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for moms, dads or guardians needing some ideas, encouragement & to realize you're not alone!

*Thursday, January 8th
Thursday, February 12th
Thursday, March 12th
Thursday, April 9th
Thursday, May 14th
Thursday, June 11th*

Classes will be 10:45 - noon ... PLAY AREA FOR KIDS in the Lobby!
We'll have a raffle for a chance to win a gift card for those who RSVP! * *
Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - - 626-358-2122
* * PLEASE RSVP by calling FPRC - - leave your name with the receptionist or
voicemail! OR better yet, email barbarawiltsey@gmail.com