



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

*“Loving Creator God, help me reawaken my childlike sense of wonder at the delights of Your world!”
Marilyn Morgan Helleberg*



Greetings & Welcome Parents! *Music & Reading - - everyone participates!*



Modeling Obedience from the Heart

- ★ Live “out loud” - give your kids examples of how God is teaching you obedience, i.e., at work, with their grandparents, neighbors, friends, etc. ... showing kindness, respect, etc. We are always learning!
- ★ Focus is fertilizer - whatever behavior you focus on is what will get fertilizer for future growth.
 - The more we criticize kids’ unhelpful behavior, the more we fertilize it.
 - Build wisdom by asking questions.
- ★ Remember to have regular family meetings (discussed in March outline)
- ★ Lectures can encourage bad behavior
 - What is my ratio of affirming/encouraging comments to critical/corrective comments?
 - Is ‘delayed obedience’ = disobedience?
 - Notice helpful ACTIONS; highlight the natural BENEFIT of that action; affirm the CHARACTER trait or virtue that is building in your child.

<https://connectedfamilies.org/first-time-obedience/>



Passing on Grace that Jesus gives to us!

- ★ It’s ok to reach out to God for strength multiple minutes each day, recognizing the limitations of our own strength, energy, patience, etc.
- ★ Loving your child no matter their behavior (meltdowns, defiance, etc.) or accomplishments (grades, performance)
- ★ It’s ok to apologize yet again!

<https://connectedfamilies.org/feeling-like-a-bad-mom-to-deeply-loved/>



Establishing Strong Roots



FPRC Parenting Class – April 2026

5 common lies that keep parents stuck

Below is a list of five common unhelpful and even untrue messages you may have grown up with that many parents experience as their core beliefs:

1. **You’re most loved when you behave well.**

- Do you have a hard time [forgiving yourself for mistakes?](#)
 - Do you feel like God is upset at you for your failings?
2. **The way things look is what matters.**
 - Do you deal more harshly with your kids for misbehavior in public than in private?
 3. **Parents are responsible for their children's behavior.**
 - Do you worry your children's behavior reflects badly on you?
 - "If I can't control my child's behavior, I must be failing as a parent."
 4. **God's blessings make life work smoothly.**
 - Do you question God's character when life gets hard?
 5. **Kids should [obey the first time, every time.](#)**

You might not even realize you are believing these unhelpful lies. But they might be impacting how you view the world and your place in it.

Children may begin believing that being 'good' is what matters most—and may miss the deeper why behind right choices. When kids obey a command primarily to avoid punishment, they may begin to feel that all that matters is behavior, not their hearts.

Children may struggle to see themselves as creative, capable problem-solvers. A requirement for immediate obedience leaves a child little room for creative problem-solving about how to get something done or do the right thing. One Christian school teacher once told us she could almost always spot the kids raised in homes where strong consequences were given in the name of immediate obedience. She said, "*They are well behaved and never question a directive, yet there's no spark in their eyes and little creativity to take risks or think outside the box. I'd take a classroom full of lively, creative kids any day.*"

Children may flounder when given more independence as teens or young adults. One therapist said, "*Christian counseling offices are full of adults who are the product of controlling, punitive parents.*"

Children may relate to God the way they've related to authority—with distance or fear rather than closeness. A common defense of requiring immediate obedience is, "*I make sure my kids obey me quickly, so they will also learn to obey God.*" These parents may have great intentions, but it appears that the opposite may be true. A report titled [Attachment to God and Parents](#) reveals that "*Respondents from overprotective, rigid, or authoritarian homes tended to report both greater God Anxiety and God Avoidance. ...it appears that authoritarian parents produce children with concerns about their personal worth and God's love...*"



*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