



# Foothills Pregnancy Resource Center

*A State-Licensed Medical Clinic*



*“Above all else guard your heart, for it is the wellspring of life” Proverbs 4:23*



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



## Discipline from the Heart

- <https://www.focusonthefamily.com/wp-content/uploads/2020/09/overview-discipline-that-connects-with-your-childs-heart.pdf>
- Address the attitudes of your child’s heart that drive his/her behavior - grabbing toys, not sharing, biting, hitting, etc.
- Parenting is concerned with shepherding the child’s heart.
- <https://www.familylife.com/articles/topics/parenting/foundations/spiritual-development/getting-to-the-heart-of-your-childs-behavior/>
- Examples of developing the ability to self-regulate.



## Building Resiliency - Guiding not Rescuing, Developing Emotional & Mental Endurance

- Putting our kids in ‘dangerous situations’ or discomfort. Parents may step in too quickly & we want to help our kids build the muscle needed for the harder things.
- Help them understand the reason for the rules - what’s the ‘why’. There’s a plan behind parents’ actions.
- Start with the smaller tasks. When a child does something well, give them the next level task.
- If they think they need to be ‘perfect’ they may not try, staying mediocre (comparison, social media)
- When parents point out growth - “You didn’t give up,” “You tried again,” or “You figured it out” - they are helping children build a narrative of resilience.
- We do not remove every obstacle; instead, we walk with them through manageable challenges.  
<https://celebratekids.com/podcasts/hy8jgm9nmlkw6b7m5e7ighqanyupa>

*Summer Fun Ideas!* The Great Park in Azusa; San Dimas Canyon Park & Nature Center (animal care); Orange County Zoo (admission only \$2!); Dalton Canyon trail in Glendora (easy hike by the Creek); Glendora Nursery (feed the fish & enjoy the plants/flowers); library story times (check your local library); other local mountain hikes, picnic areas.



*Establishing Strong Roots*



*FPRC Parenting Class – May 2026*