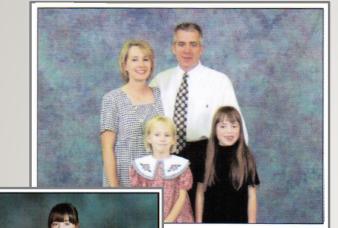
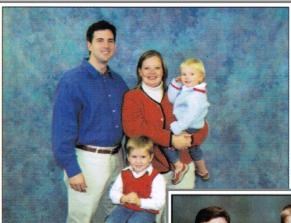
## Thanks again to last week's panelists

Alan and Kelly Pettit Alana, Sarah, Jacob

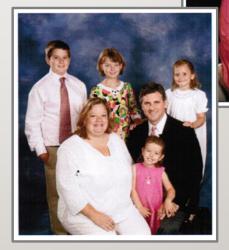


Wyatt and Wendy Rampy Ellis, Anna Grace, Lauren, Emma









## **Christian Parenting**

#### Week 5 How *not* to raise a yo-yo

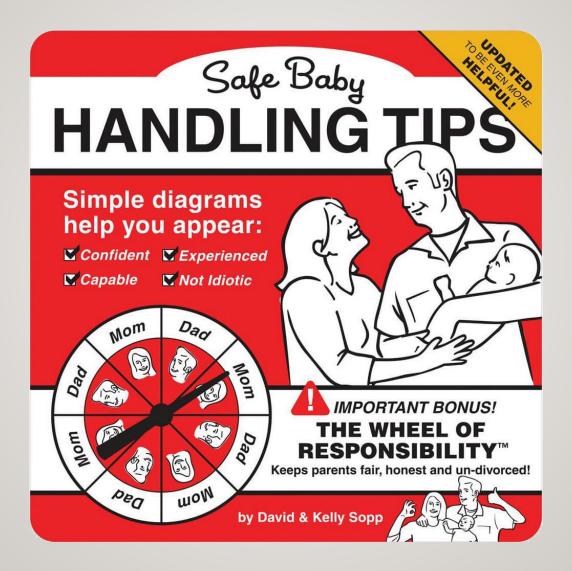
(why inconsistency is deadly and consistency wins the game every time)



Winter Quarter, 2018 Greg (& Vikki) Nordstrom But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings, which are able to make you wise for through faith in Christ Jesus.

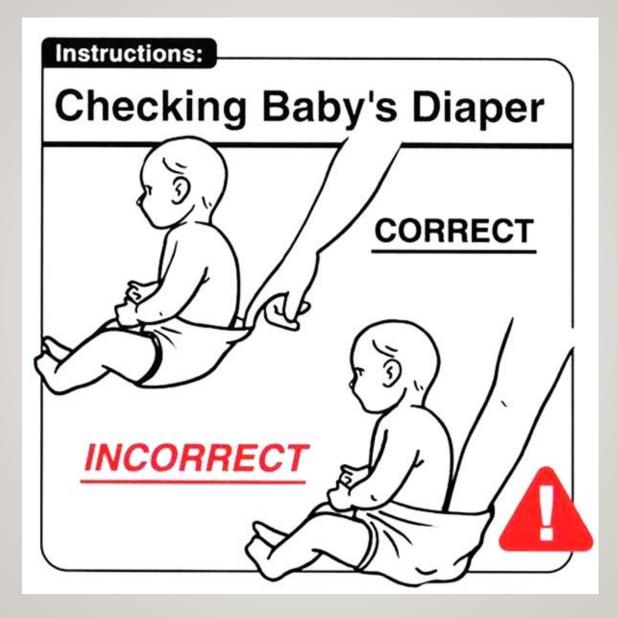
2 Timothy 3:11~15

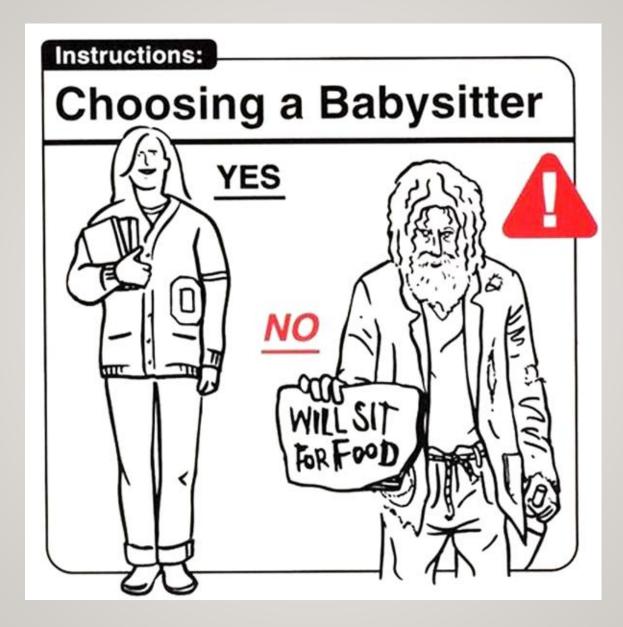
#### This week's practical baby advise from...











Speaking of **babysitters**...



# How old was your child the first time you left her/him with a sitter?

Perhaps more importantly, when was the *last* time you left her/him with a sitter?

# Taking care of your marriage is the best thing you can do for your kids

By Dr. Debbie L. Cherry



Kari and Brian look exhausted as they sit with sixmonth-old Taylor between them. They have been married six years and have two children, the oldest of which is in preschool.

Brian shares openly about how the children have

taken over their marriage. "We haven't had a date in more than a year. How are we supposed to stay connected if we never have any time together as a couple? Look, we can't even come to counselling without one of the kids with us."

Kari quickly responds, "I know Brian and I haven't been able to spend much time together since we started having kids, but he just sounds selfish to me. We will have plenty of time for us after the kids are grown and gone. But right now the kids need us, and we need to make sure they are our number one priority. We will be fine . . . won't we?"

Comments?



#### Husbands,

Love your wives well! Your children are noticing how you treat her. You are teaching your Sons how they should treat Women and you are teaching your Daughters what they should expect from Men. Dave Willis

A HUSBAND AND WIFE MUST OPERATE LIKE TWO WINGS ON THE SAME BIRD; IF THEY DON'T WORK TOGETHER IN FULL PARTNERSHIP, THE MARRIAGE WILL NEVER GET OFF THE GROUND. Dave Wills The Seven Laws of Love

"The most important thing a father can do for his children is to love their mother."

Theodore Hesburgh

The Best Way To Love Your Grandchildren Is To Send Their Parents Out On A Date.

- Michele Minehart

## Toddler 101

The terrible twos don't have to be that way if you understand them.

Kids start becoming "powerful" at about 18 months. They begin experimenting (with you!), observing your reactions. Playing "cause-and-effect" is a lot of fun!

- *"When I drop my bowl or throw my food, mommy and the dog come running. It's very entertaining!"*
- "If I take away the baby's toy, he starts crying. Then grandma gives me attention."
- "NOOO! I DON'T WANT THE YELLOW BOWL!"





Also, **toddlers can't be reasoned with** like 4-5 year-olds. They feel they are the **center of the universe** and they have **no empathy for others**. <u>It's not their fault, that's just how</u> <u>it is</u>. Which makes discipline all the more critical! The key is to build discipline in their lives through **guidelines**, **routines**, **predictability** and **sameness**. <u>Kids love routine!</u> (Skeptical? Just try skipping their bedtime story or that last drink of water!)

## Toddler 101

The terrible twos don't have to be that way if you understand them.

Since toddlers can't really be reasoned with, what will work? Here are things Dr. Leman recommends:

- 1. Determine the **root cause**
- 2. Make allowances for toddlers
- 3. Be consistent in your discipline now
- 4. Keep your voice **firm** but not **angry**
- 5. Keep discipline **immediate** and **quick**
- 6. Keep your toddlers to a schedule/routine
- 7. Give your child "the look" that shows your displeasure
- 8. Make them wait sometimes (they're not the center of the universe)
- 9. Along with discipline, make sure to focus on building your relationship
- 10. Learn to: Pick up your child, remove him from the scene, and divert his attention

These work because **toddlers are highly trainable**. Every time? No, but when they do, smile, open your arms, hug your child, and say *"Thank you, honey, for doing what I ask. You listen to me so well."* (Toddler's translation: *"When I do behavior X, mommy is pleased. I get a smile and a hug, and I feel really good."*)





### Some sage advise...

Parents who are inconsistent in their discipline rob their children of the opportunity to stand on their own two feet and to learn responsibility and accountability—two qualities vital in developing a well-balanced adult life. Kevin Leman (pg. 113)

#### ... and some final encouragement

"Parents, let's hang in there when it comes to discipline in the home! We all want our kids to be honest and hardworking citizens. We want them to be faithful witnesses of God's Word, living embodiments of Christ. It is our duty and privilege as Christian parents to "discipline those we love" (Proverbs 3:12) as we guide our kids in God's truth. This is so easy to say but often so hard to do—especially as our society increasingly blurs the lines between right and wrong and dismisses moral absolutes."

> Ann Jahns, *Forward in Christ* magazine https://forwardinchrist.net