

# Thanks again to last week's panelists!

Jason and Toni Marlin  
Olivia, Ava



Todd and Stephanie Lacy  
Elizabeth, Katherine



Ellis and Anna Grace Rampy



# Christian Parenting

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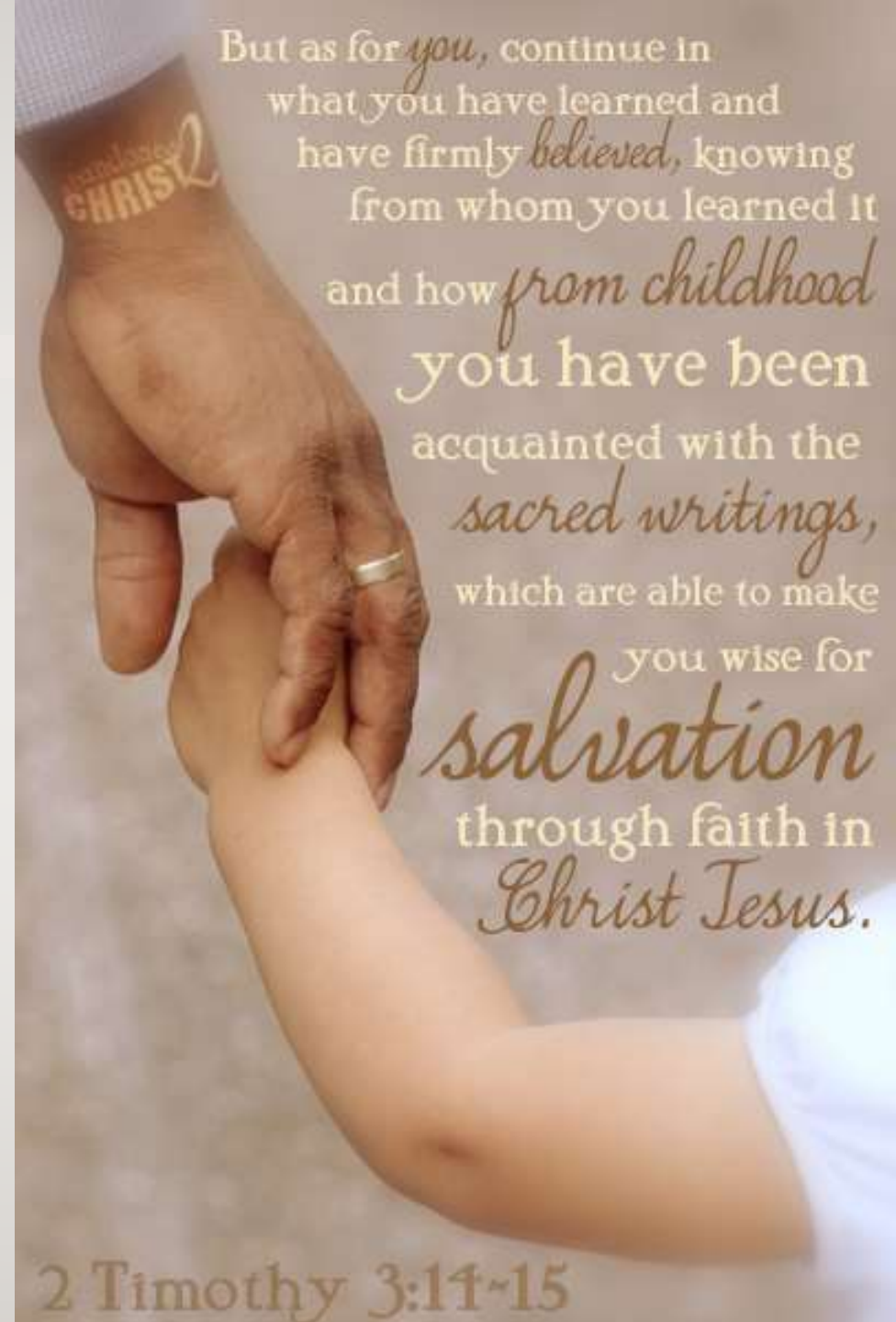
Week 9

Stopping power struggles  
before they start



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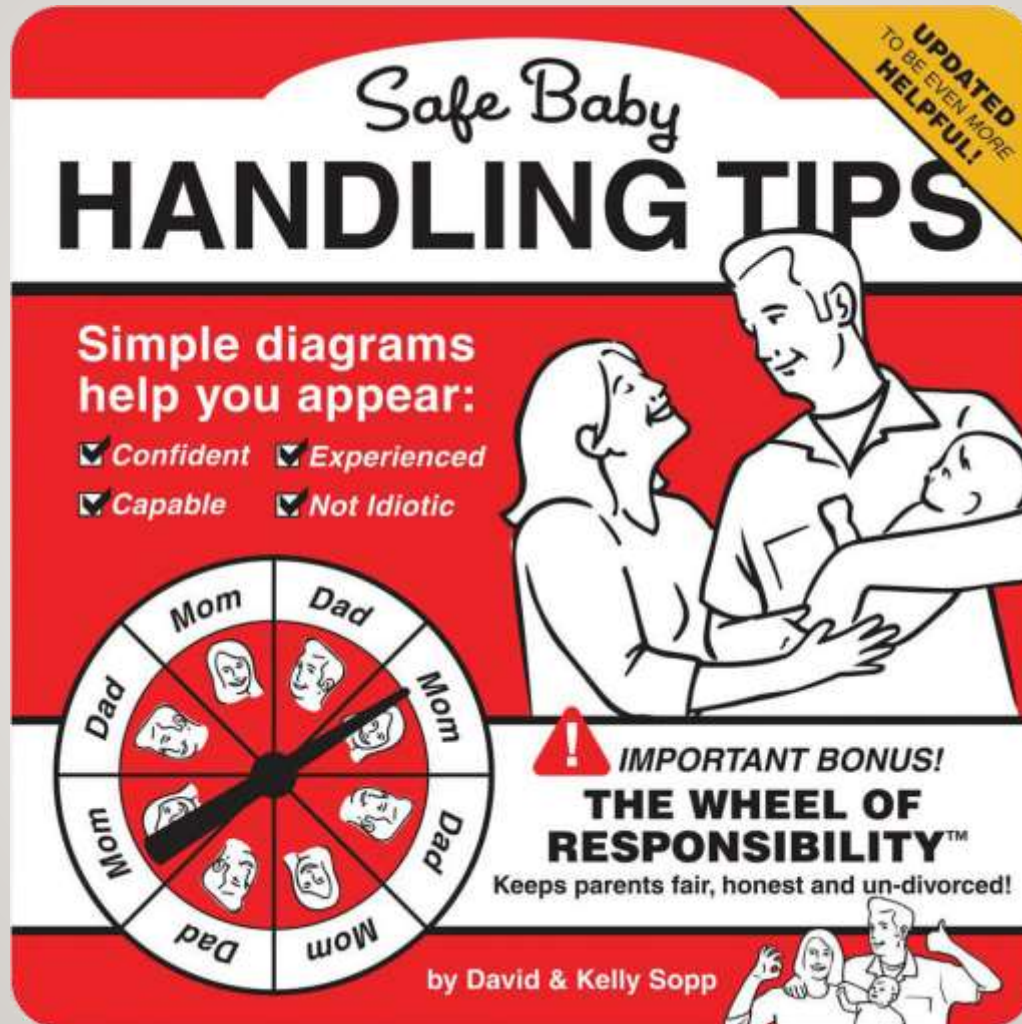
Winter Quarter, 2018-19  
Greg (& Vikki) Nordstrom



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 *salvation* through faith in *Christ Jesus*.

2 Timothy 3:14-15

But first, more *practical baby advise* from...





**Instructions:**

# Putting Baby to Bed



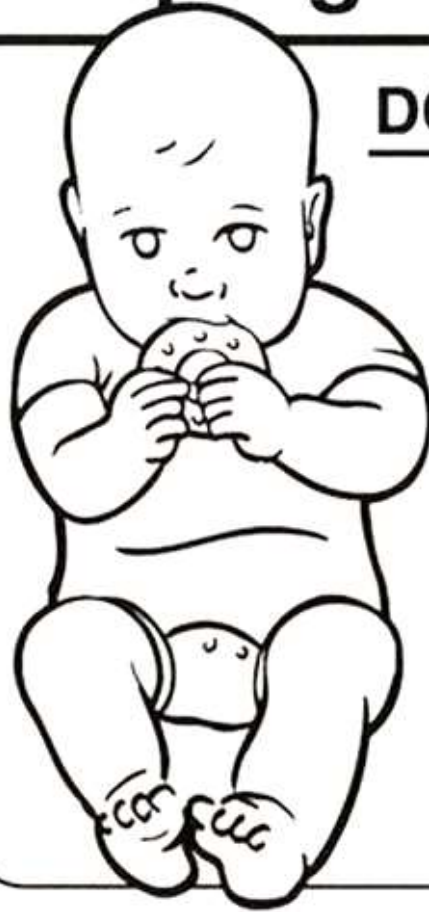
**RIGHT**

**WRONG**



**Instructions:**

# Helping Baby Teethe



DO



DON'T

**Instructions:**

# Nursing Baby



YES



NO





# The mother of my children



- Loving (unc)
- Faithful
- Caring
- Concerned
- Funny
- Talented (ex)
- Modest
- Forgiving (w)
- Patient
- Kind
- Creative
- Unassuming
- Humble
- Sensitive
- Servant-minded
- Determined (!)
- Clever



- Gentle
- Liberal
- Tolerant
- Prudent
- Protective
- and... **very maternal!**





# The Cold War

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But that also means that pretty much every morning it's her job to tell me I should be wearing a coat...

How it seems to her...



*"Sweetheart, I love you and I want you to be safe and warm today"*

How it seems to me...



**"How many times do I have to tell you?  
IT'S FREAKIN' FREEZING OUTSIDE!!!"**



Here's the thing...

*“Nobody wants to be micromanaged. But we parents tend to micromanage our kids. They don't like it either. No wonder they sometimes rebel against our authority.”*

*-Dr. Leman*



# The “top three” parenting battlefields

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*“Eating, sleeping, and going potty are three of the most natural things in the world. Yet we parents go way over the top in these areas, creating power struggles by trying to micromanage our kids.”*

*-Dr. Leman*

**WHEN YOU ASK IF I'M HUNGRY**



**DUH...YEAH**



# Table talk

*“Get back in your chair. I’m not going to tell you again!”*

*“You haven’t touched your chicken! You love chicken!”*

*“But veggies are good for you! Try them. You’ll like them.”*

*“I told you—stop pushing Cheerios off your high chair!”*

*“Just three more bites of peas and you can have dessert.”*

*“Alright, Sophia. Stop crying and mommy will make you something else instead.”*



# Table truth

- Not eating is a way to become the center of attention, so pointing out what they aren't eating is a bad idea.
- Fighting is actually an act of cooperation.
- Usually, kids don't finish their meals. They dawdle, pick, and choose. Let them do something else.
- Never coax with “airplane games” to get food into them. Their tummy will tell them when to eat.
- Routines really work. Knowing when meals happen and who sits where reduces stress for everybody.

# PICKY NICK

and the  
Fried Chicken



Reality discipline in action...





And They Lived...

*Happily  
Ever After*

# Other power struggles in Dr. Leman's book

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- Sleeping
  - Dr. Leman gives several techniques and examples
  - “*You can never **make** your kids go to sleep!*”
  - A consistent routine is a big help
  - Responses to typical scenarios (including multiple kids!)
- Going potty
  - Another of the “most natural” things we do
  - “*How many of you have gone potty today?*”
  - His approach: Don't pester and let nature take its course
  - Dr. L. also discusses what to do about bedwetting
- Strategies for other areas of conflict
  - Common courtesy, entitlement, sibling rivalry/fighting, tantrums, tattling, homework, sexual behavior

# Kelly Bourne on Power Struggles



# Video recap

- Power struggles = independence “opportunities”
- Pick one thing at a time to deal with
- General power struggle strategies
  - Don’t fight with your kids
  - *“I love you too much to fight with you.”*
  - Letting routines be the boss
  - Timers as reminders (model this positively)
  - Decide what **you** will do
  - Hand over responsibility (when appropriate)

And finally, let's remember our goal...

"Let the little children come to Me,  
and do not forbid them;  
for of such is the kingdom of God..."

Mark 10:14

