

January 2008



theParentLink

Children's Edition

Setting the "Right" Goals For the New Year...

While the idea of New Year's resolutions seems to be an adult activity, developing plans to reach a goal is an important part of life for all ages, especially when it comes to children. Helping a child to develop a plan to meet goals builds a foundation that will carry the child into adulthood with an understanding of how life works. In addition the process of reaching goals can lead to a healthier lifestyle and improved self-esteem.

To really jump start the kids' new year during the holidays take some time to develop a plan, keeping these things in mind:

Set realistic goals. Often time kids give up because goals overwhelm them. The pattern of several unmet goals can lead to low self-esteem and a sense of failure. As goals are attained, confidence improves and goals can be expanded.

Monitor progress. There are two methods of monitoring progress with kids. The first one is referred to as conferencing. Periodically do this with your child, in a safe environment, away from normal distractions. Go out for ice cream or breakfast and talk about how they are doing (and feeling) about their goals. Conferencing is great for building stronger relationships with kids which should be the ultimate goal for every parent. The other method involves making a checklist for completing tasks needed to achieve the goal. A checklist places the child in control which helps develop personal initiative.

Be flexible. Keep in mind that setbacks will happen. Don't allow your kid (or you) to get discouraged and give up. Use setbacks as teaching opportunities. Adults understand failure does happen. Kids need to learn that setbacks are a part of life, but they should never become a way of life.

Believe in your child (and yourself). Stay positive about the progress. Remember that parenting is a process. Unfortunately parents tend to judge the outcome too early. This results in pressure being felt by the entire family to "fix the problem." Relax, and don't make raising your kids another task to be crossed off your to-do list.

Celebrate! Acknowledging achievement, even the smallest ones, is a great motivation for kids. Since kids are by nature geared for instant gratification, they often lose focus of the overall goal. Celebrating the achievement of steps is as important as offering a reward when the overall goal is met.



PowerSource

Ask God:

1. To help you make the best goals for you and for your family this year.
2. To help you change your priorities if needed in order to reach the goals that He has impressed on your heart.
3. To teach your child about goals and how to set and meet them.
4. To make this year one that is rich in spiritual growth for you and your child.

Healthy Parenting...

As children strive to meet goals, it's normal for them to experience some self-doubt. Creating an environment of unconditional love will help. In his book, *Relational Parenting*, author, Ross Campbell, shares the seven basic tenements to remember when parenting.

Don't Forget . . .

1. They are children.
2. They will tend to act like children.
3. Much childish behavior is unpleasant.
4. If I do my part as a parent and love them, despite their childish behavior, they will be able to mature.
5. If I love them only when they please me, they will not feel genuinely loved.
6. If I love them unconditionally, they will feel good about themselves.
7. If I love them only when they meet my expectations, they will feel incompetent.

OpenTheBook

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”

Colossians 3:23 (NIV)

I can't think of a better verse to memorize and **adopt as a “life verse”** at the start of a New Year than this one. This verse should define how we as Christians live. Our children should see it in everything we do.

Notice, the verse doesn't say, “Whatever you do, be perfect or organized.” It clearly says to **“work at it with all your heart.”** God is not asking us for perfection. He wants us to give Him our all and our best.

Notice also that the verse doesn't say to work with all of your heart just while at work, or while being a mom or dad, or while working on the house, but rather in “whatever (everything) you do.” God has called us to live a life that glorifies Him. We are to be a direct reflection of God to others. One way to do that this year, whether in the role of a parent, co-worker, volunteer, coach or whatever role you may play, is to purpose to daily yield our ways to Him and to depend on Him each day.

Go ahead and set the bar high for your kids this year. They will see the way you live and will learn to do the same.

Teachable Moments:

1. Together with your children, memorize this verse.
2. Discuss ways that you can implement it into your daily lives.
3. Have weekly “checks” to see how you are doing.



“Fix these words of mine in your hearts and minds... Teach them to your children, talking about them when you sit at home and when you walk **Along the Road when you lie down and when you get up.”**

Deuteronomy 11:18-19

Most parents have goals for their kids. Do your goals for you kids match up with the goals they have for themselves? Try asking some of these questions to find out:

1. If you could do anything this New Year, what would it be and why?
2. What are you good at doing? What has made you good at that thing?
3. Is there anything that you would like to either change or improve at? If so, what is it and how can you change or improve?
4. What is one thing you can do this year that will help you know God better and please Him?

Healthy Habits: A germ free new year...

The peak of flu season is upon us. According to the Centers For Disease Control and Prevention, here are some alarming facts regarding germs:

- Approximately 1/5 of the U.S. population attends or works in schools.
- Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like cafeteria tables, doorknobs, and desks.
- Nearly 22 million school days are lost annually due to the common cold alone.



Get off to a healthy start this year by reminding your children to trying some of these things (You can try these tips too). Have your children:

- **Cover their nose and mouth with a tissue** when coughing or sneezing. They can also use the bend of their arm instead of a hand.
- **Wash their hands often** with soap and water. An alcohol-based hand cleaner/hand sanitizer can be used as well.
- **Refrain from touching their eyes, nose, or mouth.** These areas are great entry and exit points for germs.



Not all movies that appear “kid friendly” are! Start the year off knowing which movies are targeting your kids.

What’s playing at the movies...

Movie: The Water Horse: Legend of the Deep

Genre: Children’s, adventure, family

Network: Columbia Pictures

Release Date: December 25, 2007

Cast: Emily Watson, Alex Etel, Ben Chaplin, David Morrissey, Brian Cox

Warnings: Rated **PG** for some action peril, mild language.

Movie: Alvin and the Chipmunks

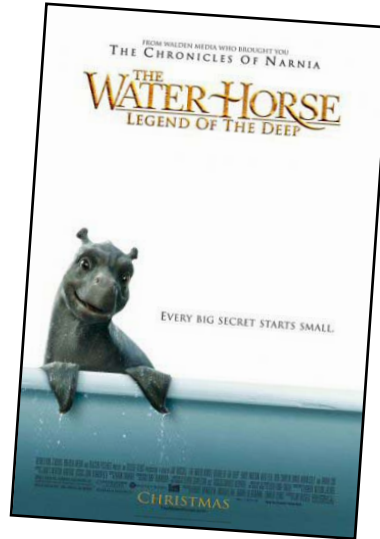
Genre: Children’s, pop stars

Network: Fox 2000 Pictures

Release Date: December 14, 2007

Cast: David Cross, Jason Lee, Cameron Richardson, Jane Lynch

Warnings: Rated **PG** for some mild rude humor.



What music is releasing...

Album: Enchanted

Artists: Various artists including Carrie Underwood

Label: Disney

Warnings: Promotes believing in yourself and having the courage to be who you are.

“Ever Ever After”, one song on the album, talks about kissing someone.

What Games are out Now. . E–Everyone/T-Teen

Title	Rating/Age: Content	Platform
High School Musical: Sing It!	E/7+: Themes include working together, overcoming social cliques, and being yourself	Wii, PS2
Spider-Man: Friend or Foe	E/10+: For cartoon violence including punches, kicks, and fantasy weapons	Nintendo DS, Wii, PS2, PSP, Xbox 360, Windows
Rock Band	T/10+: Contains multiple uses of foul language, and mild suggestive themes, some sexual in nature	PS2, PS3, XBOX 360



Consider adopting some of the following resolutions this New Year:

As a family and a couple:

- Eat dinner together as much as possible.
- Plan a family trip or outing. Even small outings create lasting memories.
- Ask “creative” questions to each family member and allow them to ask you as well.
- Eat healthier and exercise.
- Learn something new. Try learning words from a new language with your family.

With friends and neighbors:

- Create an email list to consistently connect with extended family and friends.
- Reach out to a family in your neighborhood that you don’t know well, and commit to getting to know them better.
- Get involved with a family activity such as those offered at the YMCA.

In the community:

- Adopt a project as a family.
- Participate in a family fundraiser for a local charity or for your church.
- Every season change, plan a family weekend to deliver outgrown clothes, toys and little-used household goods to a local charity collection site.

(ymca.net)

January 2008

		1	2	3	4	5
			NO RAs or GAs			Above the Rim Practice & Games In Gym 8AM-5PM
6	7	8	9	10	11	12
JOY Time 10:30 AM		Above the Rim Practice In Gym 6-8:30PM	6:30PM RAs & GAs Hallway B Mission Friends Hallway A		Above the Rim Practice & Games In Gym 6-9:30PM	Above the Rim Practice & Games In Gym 8AM-5PM
13	14	15	16	17	18	19
JOY Time 10:30 AM Preschool/Children's Choir - 5:00PM		Above the Rim Practice In Gym 6-8:30PM	6:30PM RAs & GAs Hallway B Mission Friends Hallway A		Above the Rim Practice & Games In Gym 6-9:30PM	Above the Rim Practice & Games In Gym 8AM-5PM
20	21	22	23	24	25	26
JOY Time 10:30 AM Preschool/Children's Choir - 5:00PM	Holiday NO School	Above the Rim Practice In Gym 6-8:30PM	6:30PM RAs & GAs Hallway B Mission Friends Hallway A		Above the Rim Practice & Games In Gym 6-9:30PM	Above the Rim Practice & Games In Gym 8AM-5PM
27	28	29	30	31		
JOY Time 10:30 AM Children's Ministry Team Meeting F Hall/Kitchen Side 4:30PM Preschool/Children's Choir - 5:00PM		Above the Rim Practice In Gym 6-8:30PM	6:30PM RAs & GAs Hallway B Mission Friends Hallway A			