

P78 PARENTS



10 Tips for Raising G-Rated Kids in an X-Rated World

By Doug Fields and Jim Burns

Raising kids in today's culture is not easy. There's no question that the way we parent is influenced by the world we live in. And what a world it is! We need to help our children deal with drugs, sexuality, movies, television, video games, the Internet, terrorism and war. It's our goal as parents to raise our kids in this X-rated culture to become G-rated people. It can feel overwhelming trying to give our teenagers the tools they need to make godly decisions in an ungodly world. Recently, I had the privilege of talking with youth ministry expert Doug Fields for a two-part broadcast on *HomeWord with Jim Burns*. Doug shared insights into 10 action steps that parents can take to raise healthy kids in today's culture.

1. Instill belief in them.

The beliefs and values your children will carry into adulthood are very dependent on the examples they see parents setting at home. It's critical to understand and believe that as a parent, your actions, values and beliefs will have the greatest influence in the life of your maturing child. Parental influence is a high calling. It's part of your destiny and your enduring legacy, for better or for worse.

2. Be present in your kids' lives.

Presence in a kid's life is spelled T-I-M-E. One of the major contributing factors for healthy kids points back to parents who were present in those kids' lives. Some parents subscribe to the theory that quality time beats quantity time. These parents are simply wrong. Parents must prioritize and reorganize their schedules to be present for their kids. When they get older, your kids won't care that you worked more so they could ride in nicer cars or live in a bigger home. They will care about how much time you spent with them!

3. Make memories with them.

Our lives are a museum of memories that contribute to who we are today. That's why it's key to strive to create good memories for our kids. Good kids have good memories. This isn't to say that our kids' lives won't have their share of bad memories. But, on balance, good memories trump bad ones. So, build great family traditions at holidays, birthday celebrations and summer vacations, just to name a few. Make memories for your family by creating new adventures for them. Solidify these memories by being sure to capture them through pictures, video, and in writing through journals or letters.

4. Give them encouragement.

Encouragement is food for our souls and we all long for it. Our kids need encouragement, too. Words are powerful. Words can either build confidence or they can destroy. A parent's words have lasting effect. Learn to be an encourager. Catch your kids in the act of doing something right, and then take the opportunity to mention it! In addition, be sure to go beyond encouraging for just a job well done. Kids mess up and fail all the time. Find ways to encourage your kids, despite their failures. Encouraging beyond performance means conveying that you love and value your kids even when they mess up.

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“Five Tips for Having a Great ‘Date Night’ with Your Kids” by *Jim Burns, Ph.D.*

The power of parents “being there” for their kids is so profoundly meaningful that we often miss it. When kids understand that their parents are available and accessible to them, kids will often thrive during the adolescent years. Parents who are present and involved in the lives of their kids place important emotional, physical and spiritual “deposits” that will continue to influence their kids for years to come. Many times parents look for the latest parenting fad to help their kids grow into mature adults. Yet one key component for building kids’ lives is right in front of them: investing time, energy and a commitment to ‘be there’ for their kids. A regular, one-on-one ‘date night’ with each of your kids is a great place to begin intentionally investing in the overall health and growth of your child. Here are five tips for having a great ‘date night’ with your kids.

- 1) **Choose to do something your kids want to do.** At times, when parents want to do something together with their kids, they’ll select an activity that *they* have interest in, but their kids have little or no interest in. If you really want to create a positive ‘date night’ culture where your kids *want* to hang out with you, try doing things that the *kids* are interested in. While this is a simple idea, it can reap a lot of benefits! And remember, ‘date nights’ don’t have to be complicated! They can be as simple as taking your child out to get an ice cream cone or throwing a Frisbee around in the yard.
- 2) **Communicate.** Be sure to engage your son or daughter in conversation at some point during your ‘date night’. Don’t just talk about what you are interested in. Talk about anything and everything. Ask your kids about their interests, opinions and feelings. Ask open-ended questions that can’t be answered yes or no. (Note: if you have not had a history of talking with your kids, getting started may seem a bit awkward to both you and your kids. Don’t let this get in your way. Share with your kids what you are trying to do (build stronger relationships / reconnect) and start slowly with reasonable expectations. Just keep at it!)
- 3) **Listen.** Don’t do all of the talking on a ‘date night’ with your child! Communication is a two way street, so be sure to work at listening. Listening is the language of love. Through listening, you demonstrate that you value your kids. When you take the time to really pay attention, show empathy and listen – you are taking a key step in connecting with your kids. When kids know that their parents will really listen (instead of immediately “correcting”) they will be more willing to talk.
- 4) **Display affection.** Even though teenagers are in the process of becoming adults and separating from their parents, they still need the affection of their parents. In fact, sexual promiscuity in teenage girls can often be traced back to a desire for (and lack of) affection from their fathers. Dads, be sure to offer your kids genuine affection through loving words, affirmation, encouragement, small gifts and appropriate touch.
- 5) **Never embarrass your kids in front of their peers.** It’s possible that a ‘date night’ activity might take you onto your son or daughter’s “territory” – to a place where they may run into some of their peers. Gentle teasing is one thing, but embarrassing your kids in front of their peers might be close to being an unpardonable sin in teen culture. Show respect to your kids and they’ll be more willing to hang out with you – and your ‘date nights’ will be much more enjoyable as well.

UP-COMING EVENTS

August	26 – Sun. – Evangelism Training - 1:30-5:00 27-31—Craig’s Vacation
September	4– Tues - Dinner 4 Eight 7-8—Fri.-Sat. – Ignite (Leadership Training Weekend) \$10 9—Sun. Youth Choir/Discipleship Begins 14-24—Romania Mission Trip 29-30—Hampton Fall Festival (Bear Creek Festival) (TUPOS on Sun.)
October	5-7– Fri-Sun. – Family Tailgate Festival (Youth Day is Saturday!) 17—Wed. – Bow Down (Youth Worship Experience) 27-28 – Race Weekend 30—Tues.— Costume Party @ the Brewers 7pm-9pm

Raising G Rated Kids Cont.

5. Be positive and caring role models.

You are your children's role model for living life. Be assured that they are watching you. They know what you say and how you say it. They know how you treat people. They know how you respond to conflict. Kids need you to set a positive and caring standard for living life. They need your integrity and they need you to set the pace when it comes to faith. Your kids know that you aren't perfect, so there's no pressure to try to act like it. What your kids need are parents who demonstrate what it means to be a lover and follower of God, despite their shortcomings.

6. Give them discipline and boundaries.

Providing your kids with consistent boundaries and discipline is all about guidance, not punishment. Boundaries and discipline are the result of love. Giving kids too much freedom and not holding them accountable for their actions does not demonstrate love. When disciplining, be delicate. Don't discipline in anger.

7. Give them affection.

Emotionally healthy kids have been given lots of proper affection. Kids who don't get adequate affection from their parents often turn to inappropriate sources of affection. And, there's plenty of inappropriate affection to be found in today's X-rated culture. Unfortunately, kids who have their needs for affection met in inappropriate ways, often become emotionally distant, not emotionally healthy. If you aren't an affectionate parent, get over it! Learn to become one. It's that important to the health of your child!

8. Develop responsibility in them.

Parents want their kids to grow up into responsible, functioning adults. Unfortunately, we often unintentionally teach irresponsibility, instead. We allow kids to become apathetic by too quickly solving their problems for them. We allow kids to pass the buck by blaming others. And, we are slow to force our kids to carry their own weight. The solution comes in not rescuing our kids from their problems. Sure, there are times that we need to lend a hand and help out, but these times are, in reality, few and far between. We must let kids wrestle with consequences. Whenever we jump in to bail our kids out, they never learn to take responsibility for themselves and they don't have to experience consequences. Learning from mistakes is a great path to responsibility and wisdom.

9. Be fun.

In the book of Ecclesiastes it says this: One of the necessary rhythms of life is laughter and dance. If you want to fully understand life, if you want to fully live abundantly, meaningfully, joyfully you need to have some laughing and dance in your life. It's one of the necessary rhythms of life. This generation of kids is totally stressed out. So, when kids see their parents injecting fun and laughter into life, it helps relieve some of the anxieties they feel. So, lighten up the mood in your home. Have some fun with the life and family God has given to you.

10. Give them a peaceful home.

Your kids don't need a perfect home, but to thrive, they need a peaceful one. Kids are at battle all day long. They're battling an X-rated culture and language and values. They're battling bullies and peer pressure and body image and conforming. In your teen's world, there are battles going on all the time. They need to come home to a place where they can retreat and drop their battle gear at the door and be in a shelter where they can just be themselves. Your home ought to be the one place your kids feel truly safe; where they can be loved and known and cared for.

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NEXT P78 MEETING:
November 14

WE ARE ON THE WEB!
www.h1studentz.com



The Hampton First Baptist Church Student Ministry exists to Encourage Students to: **Reach** their friends for Christ, **Encounter** Christ through God's Word, **Associate** with other believers in their spiritual journey, and to **Live** a life of worship.

REAL FAITH FOR THE REAL WORLD

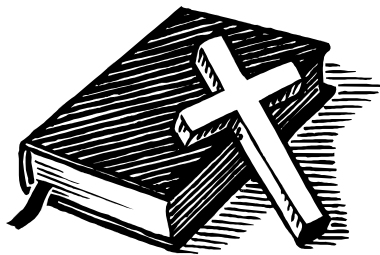
A FEW RESOURCES FOR YOU!!!

www.homeword.com

www.cpyu.org

www.family.org

www.pluggedinonline.com



PSALM 78:1-8

1. O my people, hear my teaching; listen to the words of my mouth.
2. I will open my mouth in parables, I will utter hidden things, from of old—
3. what we have heard and known, what our fathers have told us.
4. We will not hide them from their children; we will tell the next generation the praiseworthy deeds of the Lord, his power, and the wonders he has done.
5. He decreed statutes for Jacob and established the law in Israel, which he commanded our forefathers to teach their children,
6. so the next generation would know them, even the children yet to be born, and they in turn would tell their children.
7. Then they would put their trust in God and would not forget his deeds but would keep his commands.
8. They would not be like their forefathers—a stubborn and rebellious generation, whose hearts were not loyal to God, whose spirits were not faithful to him.