

June 2016

parenting CHRISTIAN kids



Immanuel Lutheran Church
1850 Chestnut Ave.
Glenview, IL



CHILD DEVELOPMENT CENTER

Help Kids Find Their Worth in Jesus

POWERSOURCE

ASK GOD:

1. To help your children base their value on God's view of them, not the world's.
2. To assure your children of God's—and your—love for them.
3. To instill gratitude in your kids for their God-given gifts and talents.

The self-esteem movement has slowed, with experts now emphasizing the importance of failure and risk-taking. But healthy self-esteem is still a positive trait.

Children who feel good about themselves tend to be responsible, tolerate frustration, accept challenges, and work happily alone. By contrast, those with low self-esteem are more likely to feel insecure, blame others for personal weaknesses, make self-demeaning comments, be easily influenced, and avoid anxiety-producing situations.

Self-esteem based on other people's view of us or their praise may waver from day to day. Yet God's view of us remains constant. For children to have a

Christian self-concept, they must see themselves as God does: as his beloved children.

Help your kids root their worth not in looks or performance but in their relationship with Jesus.

Let children know that God loves and values them. Remind them that Jesus died for their sins so they can go to heaven with him.

Celebrate each child's God-given strengths. Instead of praising your kids all the time, thank God for giving them talents to serve him.

Teach children to accept failure. When problems arise, don't jump in to save the day. Pray for guidance together, and remind kids that God is always in control.

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You Are Precious to God!



TEACHABLE MOMENTS

Kids of the Kingdom

You'll need paper plates, markers, tape, and craft sticks. Have each family member draw a self-portrait on a plate. Turn it into a hand-held mask by taping a craft stick to the back. Then have each person write (or draw) on the back three things they like about themselves.

Put all the masks in a pile on the floor. Have each person choose a mask that's not their own. Take turns reading the lists aloud and guessing whose mask each person is holding.

Ask: **What made it easy or hard to list things you like about yourself? What makes each of us special?**

Read aloud 1 Peter 2:9. Ask: **What does this verse say about who you are? Say: We're chosen by God! We're royalty! Think of that the next time you need to feel better about yourself.** Close in prayer, thanking God for making each of you special in his eyes.

It's clear from the Bible that Jesus values children. But children don't always feel valuable. As they become exposed to advertising, media, and now social media, kids start comparing their looks and abilities, often coming up short. Self-esteem especially takes a hit during early adolescence. Help meet preteens' unique needs by banning the use of putdowns, being quick to express and ask for forgiveness, seeking kids' opinions, encouraging friendships with Christian peers, promoting teamwork not competition, and helping kids give and receive compliments comfortably. Use these ideas to nurture healthy self-esteem in children of all ages.

Positioned for Success—Create achievable yet challenging tasks for children. If your child is shy, for example, help him or her take some cookies to a neighbor. Then gradually encourage your child to try increasingly difficult tasks, eventually without your help.

Marble Roll Gather marbles, water, flour, and a tabletop. Dip the marbles in water and roll them back and forth to each other. Ask: "What was it like to roll and catch the wet marbles?" Then dip the wet marbles in flour and try rolling them back and forth. (Make sure there's enough flour to cause resistance.) Ask: "What happened when we changed one thing with the marbles? How does the way you feel about yourself change as you grow up?" Have an age-appropriate discussion about good and bad changes that affect self-esteem. Remind kids that no matter what they do, their value always comes from God, who loves them unconditionally.

The Last Shall Be First Serving gives children an indestructible, independently rechargeable self-worth boost. Create opportunities for kids to share their God-given talents with people in need. For example, they can read aloud, sing, or play music at a nursing home. They can also write

letters to or draw pictures for residents.

Yarn Circle Make a yarn circle on the floor that all your family members can stand in. Have everyone stand several steps away from the circle. Say: "If you can answer yes to a question, take a step toward the circle." Ask: "Does God love you? Is there something special about you? Do you like to laugh and have fun? Do you make mistakes sometimes? Are you a good friend?" Encourage family members to move forward with each question. When everyone's in the circle, say, "You are all so special to God!" End with a group hug.

Crowned With Glory Gather a Bible, some garland, and Mylar streamers. At dusk, go outside and ask: "When you look at the world around you, what reminds you of God's greatness?" Read aloud Psalm 8:3-5. Ask: "Why do you think people are important to God? How has God shown you that you're important to him?" Read verse 5 again. Say: "God must think pretty highly of us to treat us this way." Make shiny crowns with the garland and streamers. Then say each person's name, followed by "...is important to God."

"The very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows."
—Luke 12:7, NLT

MEDIA MADNESS



MOVIE

Title: *Finding Dory*

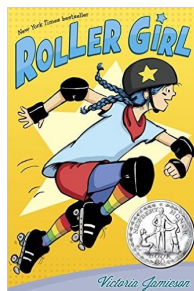
Genre: Animated comedy adventure

Rating: Not yet rated (likely G or PG)

Cast: Ellen DeGeneres, Albert Brooks, Diane Keaton, Ty Burrell, Eugene Levy

Synopsis: Pixar's follow-up to the 2003 hit *Finding Nemo* features the lovably forgetful blue tang fish. After recalling some childhood memories, Dory sets out with Nemo and Marlin to find her family. They head to a marine-life institute and meet a colorful cast of sea life.

Our Take: Despite the 13-year gap between these films, expect *Dory* to ride the waves of the original film's success. As in *Nemo*, scenes of peril may frighten younger viewers. After viewing the movie, talk to children about the meaning of family.



BOOK

Title: *Roller Girl*

Author: Victoria Jamieson

Synopsis: This heartwarming graphic novel—a Newbery Honor winner and *New York Times* best seller—is about friendship, girl power, and surviving the transition to middle school. When her best friend signs up for dance class, 12-year-old Astrid chooses roller-derby camp instead. Can their relationship survive? Is it okay if it doesn't?

Our Take: This book emphasizes perseverance and doing what you love, regardless of what others think. In a world trying to push girls into pretty pink boxes, Astrid hip-checks those labels and works to discover who she really is. A word of caution: Mean kids at school make a crude nickname out of Astrid's name.

Games, Sites & Apps

Sustainaville

Players can make a difference in the real world with this free, charity-driven game from Save the Children. They build virtual villages and help communities overcome famine and natural disasters. In-game donations go directly to save real-life kids.

HowStuffWorks.com

When summer doldrums hit, keep kids learning about topics that interest them. This site is full of useful knowledge about a wide range of topics. Children will especially enjoy learning about animals, health, and science. (Other topics are geared more toward adults.)

LumiKids Park

This free, award-winning app is geared toward kids ages 2 to 5. It features a colorful playground with games that develop players' cognitive skills (memory, sorting, coordination, problem-solving, etc.). Parents can receive weekly updates on their child's progress.



CULTURE & TRENDS

Parents and Pot? As the push for marijuana legalization gains ground, more parents are admitting they get high—and some claim it helps them be better parents. BabyCenter.com now has a forum for pot-smoking moms, who compare their habit to having a glass of wine at the end of the day.

Social Media Shaming Moms are taking to Facebook to vent at people who've body-shamed their kids. They often call out store clerks by name for mocking a child's size or abilities.

QUICK STATS

Quiet Down! Noise is more distracting to a child's brain than to an adult's, according to researchers. This can affect kids' ability to learn, because their brains have a tough time processing speech and background noise. (*scienceupdate.com*)

Strong-Willed Perks A 40-year study of 700 subjects found a correlation between strong behavioral traits in children—such as defiance and stubbornness—and success later in life. (*time.com*)

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parenting
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Real. Bold. Love.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



A Note from Ann

So What Do You Think You Can Do?

Interesting topic . . . self esteem. I was with friends for Memorial Day and the parents were talking about what they got to do vs. kids today. It reminded me that my mom always told me that as the youngest of six children, I always thought I should be able to do what everyone else did. My sister would get mad because I would do things at the same time she did. (I guess one of those things was getting permission to ride my bike in the street the same month she got to and I was 2 years younger.)

But as our children focus on what they can do, they need to be aware of what others can do too. Not only do our children need to recognize their worth but the worth of others. That is part of this self-esteem dance. For some children, so much time has been spent building them up that they forget they aren't THE most important person in the room. That is why I love the image of the Body of Christ in 1 Corinthians 12 (yup, just before the "Love Chapter"). It reminds us that each one is just as important as the other. Some of us may be "flashier" but all deserve the same respect.

In helping our children understand the value that they have as beloved children of God, we need to also help them understand the value of their brothers and sisters in Christ. Talents may be different and personalities may be strong, but we are called to love each other. When we feel good about ourselves, we can affirm each other as being unique and special too.

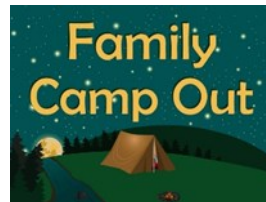
June Happenings

Care Kit Packing Nights Wednesday, June 15 6 PM

All are invited to join us for this packing event. We will be making Personal Hygiene kits to be sent overseas to those experiencing disasters. The simple kits have soap, a toothbrush, a comb, and a nail clipper. These items get wrapped up in a towel so they can easily be shared with those in need.



We will start at 6 PM and should be done no later than 7 PM. We are limiting the number of participants to 20 so each family can make more kits. After our work, we'll share pizza together. If you can't join us in June, there will be another opportunity in July and in August.



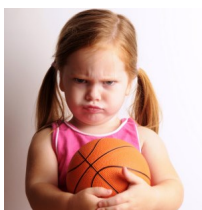
Friday/Saturday, June 24/25

Our annual camp out has been pushed back into late June in hopes of warmer weather. Families simply put up their tents in the "backyard", we share a campfire, and everyone has a great time. This is perfect for families who wonder if their children are old enough to camp . . . And for those who'd enjoy a night under the stars without having to drive a long way. If you'd like to try it but you don't have a tent, talk to Ann . . . She can find one to borrow for your family. If you just don't think camping overnight is right for your family, join us for the evening and share the campfire with us.



Movie Night Friday, June 17 7 PM

Weather permitting, we'll watch the movie outside. Bring your chairs, blankets and pillows to be comfortable. Feel free to bring snacks too.



Children: Emotional Competence by Dr. Kim Marxhausen

Emotional competence is a fancy term for getting a handle on strong emotions, learning how to evaluate emotional needs, and crafting an appropriate response.

It will come as no surprise when I tell you children are not born with this skill! While some children feel emotions with more or less intensity, all children need to learn emotional competence.

Children learn this skill in their environment, when situations are appropriate for their age, and when they see adults regulate emotions.

Children who successfully regulate emotions are better learners because learning is hampered by strong emotions such as anxiety, anger, and sadness. Children who regulate emotions are more successful with social skills and have better mental health.

Any age child can use some direct teaching when it comes to emotions and the lesson plans for this are not terribly hard. Parents can watch for appropriate times to do the following:

Name the emotion and the actions that go with it:

Your hands are in fists; are you angry?

You are standing close to me; are you worried?

You are not talking very much; are you sad?

Normalize the emotion:

You are angry about losing the soccer game. Your teammates are angry, too. Soon, you will feel better and then you can use your anger to practice harder.

You are very sad about losing your pet. You feel sad because you loved your pet very much. Right now it feels like you will never feel better, but you will feel a bit better every day.

You are very nervous about going to the dentist. Do you remember that you were nervous last year, too? You were brave and got through that with a little bit of help. What will help you this time?

Read books with emotions as part of the plot:

How does this boy feel about what has happened?

What will help this girl with her sadness?

Is it okay for this person to be angry?

Learn strategies for dealing with emotions:

How can you cool down?

How can you relax?

What can you do to feel better?

Pray:

Praying is a good way to calm down, practice mindfulness, and to remember that control of our emotions is a blessing from God.

For God is not a God of confusion, but of peace. 1 Corinthians 14:33

Source: faithparent.marxhausen.net

Dr. Kim Marxhausen is a Lutheran educator who shares insight into the awesome task of parenting children.



June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9 Kindergarten Graduation 6:30 PM	10	11
12 Summer Sunday School 8:45 AM	13	14	15 Care Kit Packing Event 6 PM	16	17 <i>Finding Nemo</i> 7 PM	18
19 Summer Sunday School 8:45 AM	20 Grill Night 5:30-7 PM	21	22	23	24 Camp Out	25
26 Summer Sunday School 8:45 AM	27	28	29	30		