

# Parenting

## TALKING POINTS

■ Spend time playing and talking with kids/teenagers. This allows the needed discipline for your child/teen to be based on a foundation of love.

■ You are the parent, not their buddy.

■ Boundaries set expectations for ways you will be treated as parent and they will be treated as child. Discipline is used best to enforce those boundaries.

■ Discipline is not about punishment (making son or daughter feel pain for their wrong). Discipline is about teaching consequences.

■ Consequences for actions should be **RSVP**.

**R**easonable and **R**elated to Disobedience — i.e., Take cell phone away for month for talking at night when they should have been asleep.

**S**imple — i.e., If you wreck the car, you can drive it again when you have paid for the repairs.

**V**aluable — i.e., Ground them from something that they value.

**P**ractical — i.e., If they forget to set alarm, you don't ground them from going to school that day. Instead, their bedtime is an hour earlier the next night.

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## SCRIPTURES

- **1 Samuel 1 and 3** — Hannah and Samuel.
- **Proverbs 22:6** — Raise up a child in the way to go.
- **Luke 2:39-52** — Jesus lost in the Temple.
- **Hebrews 12:11** — No discipline seems pleasant at the time.

## PRAYER

*Parenting God, Thank you for your unconditional love and for the times you disciplined me out of that love. Help me to be that kind of parent for my kids. It is hard work, but I know that you are with me. In Jesus' name I pray. Amen.*

## SUGGESTED READING

- *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend (Zondervan 2001)
- *Positive Discipline* by Jane Nelsen, ED. D. (Ballantine, 2006)
- *Parent Talk: How To Talk to Your Kids in Language That Builds Self Esteem and Encourages Responsibility* by Chick Moorman (Fireside, 2003)
- *Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child* by Maurice Elias, et.al (Three Rivers Press, 2000)