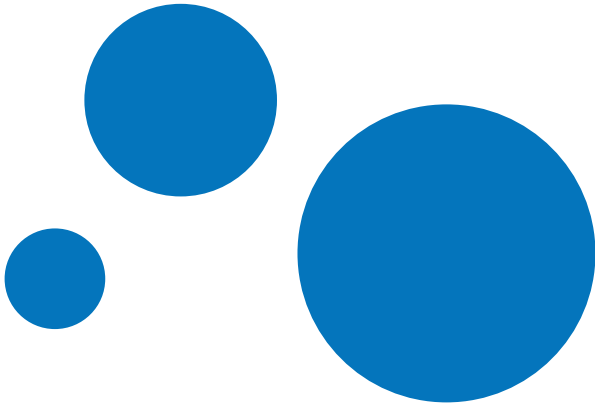


Ten Tips

For Parents





Welcome

Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

-Deuteronomy 6:5-9

Discipling a child is a ministry of the heart. It addresses the heart of a child and directs their affections to God. But every parent knows - they cannot change the heart of their child.

God, in his wisdom, has designed the family unit as the best environment for a child to be born into. To be nurtured and to grow. And it's within this relationship, between parent and child, that God speaks these words in Deuteronomy.

This a call to action. Parents to be proactive. They are to impress, talk, tie, bind, write - to be intentional about the daily discipling of their child.

Every parent is to make God visible within the family home. 'Tie them as symbols... write them on the doorframes...' God's presence is not to be a once-a-week Sunday experience but a 24/7 experience in the life of a child. God-talk is to be part of the 'waking up, lying down, sitting, walking' aspect of daily family life.

But what does this look like? Ten Tips aims to equip parents in their God-given, privileged role of speaking the truth of the gospel into the life of their child. Ten Tips is not meant to be prescriptive, rather descriptive. It allows parents to choose what's helpful for them and their family as they seek to bring their children up in the fear and love of the Lord, entrusting the changing of their child's heart into the sovereign control of their gracious God.

by Sandy Galea



On Encouraging Inner Beauty In Girls

1. Use the word 'beautiful' to describe godly behaviour in your daughter or the women around them. 'It was beautiful when you shared your toys.' 'Saying sorry is beautiful to God.' 'That woman is such a beautiful woman. She always looks out for people who are sitting by themselves at church.' Try not to use the word to describe outward appearance.
2. Mother's be honest. Tell your daughters what parts of your own body you like and what parts you don't like. Encourage her to be honest. Then ask God to help both of you be thankful to God for the way he has made you.
3. How much time does your daughter see you spend in front of the mirror? Do you have too many mirrors in your home?
4. Teach your daughter about modesty from a young age. When buying clothes ask: 'Is this modest? Is it too tight? Is it too short? Is my belly showing? Is it too low in the front?' Little girls who dress modestly will be more likely to grow to be women who dress modestly. Show your daughter how important modesty is. Be prepared to buy a more expensive outfit if it means your daughter will be modestly dressed.
5. Stop and think about how often you talk about weight? Your own weight, the weight of family members, the weight of friends, people on TV, people in magazines...etc.
6. Come down hard on teasing or 'friendly joking' based on weight or body 'imperfections', especially between siblings.
7. Talk about eating a healthy balanced diet, not the fat or carb content of every item in the fridge.

8. Talk about gluttony and greed (as your daughter consumes her fifth Tim Tam), not the weight they might gain.
9. Talk about self-control when your daughter impulsively fridge grazes. Delayed gratification is an important characteristic to develop in your daughter. Teach your daughter not to give in at the first hint of hunger, instead to wait and eat with the family. Saying 'no' when temptations are small will help her to learn to say 'no' when temptations are bigger.
10. Celebrate God's gifts - being a woman, being creative, the sheer variety of colours and fabrics God has given us to use and enjoy... Balance is very important.

by Sandy Galea

Recommended Resources

Bringing Up Girls, by James Dobson

How To Really Love Your Child, by Ross Campbell

<http://www.melindatankardreist.com>

<http://www.collectiveshout.org>

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Recommended Resources

Ages 1-2

The Beginners Bible
God Knows All About Me, Claire Page
God Made Me This Way, Hayley Down, Claire Fennell
A Time For Everything, Susie Poole
Always Near Me, Susie Poole
Whatever Is Lovely, Susie Poole
Near: Psalm 139, Sally Lloyd-Jones

Ages 3-6

The Beginners Bible
The Beginner's Gospel Story Bible, Jared Kennedy
The Christmas Promise, Alison Mitchell
The Storm That Stopped, Alison Mitchell
The One O'Clock Miracle, Alison Mitchell
Jesus And The Lions' Den, Alison Mitchell
The Garden, The Curtain And The Cross, Carl Laferton
Noah's Ark, Bethan Lycett
The Lost Sheep, Bethan Lycett
The Pearl Of Great Price, Bethan Lycett
God's Very Good Idea, Trilla Newbell
God Made All Of Me, Justin & Lindsey Holcomb
My First Story Of Jesus, Tim Dowely
Everyone A Child Should Know, C Heath-Whyte
Everything A Child Should Know, C Heath-Whyte

Ages 7-11

Thoughts To Make Your Heart Sing, Sally Lloyd-Jones
The Jesus Story Book Bible, Sally Lloyd-Jones
The Action Bible, Sergio Cariello
International Children's Bible
The Big Picture Story Bible, David Helm
Birds And The Bees By The Book, Patricia Weerakoon
The Ology, M Machowski
The Gospel Story Bible, M Machowski
This Is The Gospel, Raechel Myers, Amanda Bible Williams
Everyone A Child Should Know, C Heath-Whyte
Everything A Child Should Know, C Heath-Whyte