



Growing Families Australia

NATIONAL NEWSLETTER

Reaching our nation one family at a time

Inside:

- The Toddler Transition
- To worry or not to worry
- The stranger
- Contact Mum Q & A

Keep us up-to-date!

- Are you changing your email?
- Have a new telephone number?
- Planning to move in the next few months?

We would love to know your new details so we can keep you informed & connected with the Growing Families family! Email us on enquiries@gfi.org.au

Hello from the NC14 Organising Committee

Well – firstly this should be the last newsletter in which the Queensland Conference Organising Team dominates the front page... Secondly the National Conference is NEARLY UPON US... We are getting very excited to see what God has in store for us and how he will bless the efforts of our hearts, minds and hands... There is printing, hole-punching, binding, picking up, choosing lollies, finding first aiders, final menu selections, dietary issues – some of you are complicated – we didn't even know that there was a broccoli allergy and that chocolate was the only substitute... Thankfully Alex Park has a great team and with all the NC14 folk working together – we are on track.

So we trust that you are also putting the NC14 before our Lord and Saviour in prayer – for those leading, organising and attending. Even if you can't make it to join us – we know that you will cover the community in your prayers that His name will be glorified.

Thanks for your support to date and your continued support as we wrap up the final details.

Geoff & Alicia Bongers

On behalf of the Conference Team.

Course Reminders: The Toddlerhood Transition

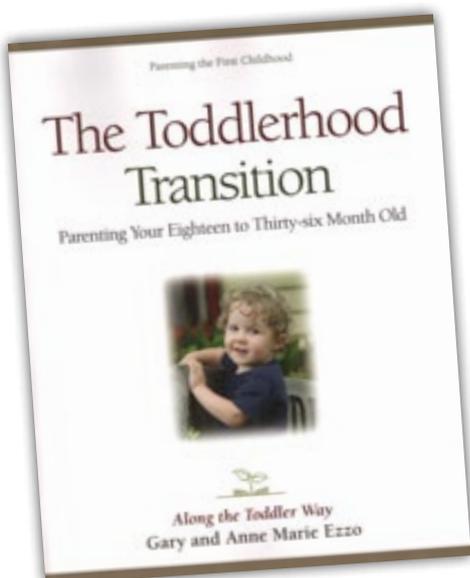
About to go through a toddler transitions... Been a while since you did the course... Well here are the summary key teachings of the first two visits.

Visit One

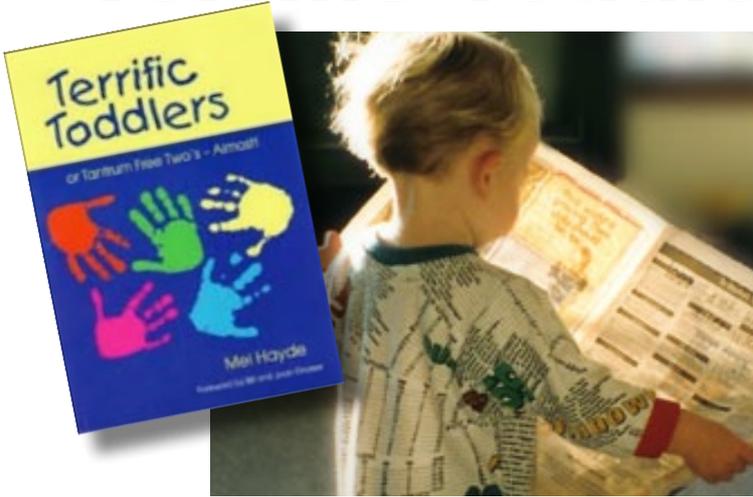
To make confident decisions in parenting, parents need to know:
What their beliefs are about the general categories of parenting.
What their parenting goals are, and
How they will satisfy the why of their beliefs.
Beliefs + goals = Why + How = Solutions.

Visit Two

During the toddler years, a toddler becomes aware of the Father's unique position in the family and his partnership with Mum.
Pretoddlers can only mimic, but toddlers imitate.
Keys to the Journey of Fatherhood include:
Cooperative in leadership.
Speak words of life.
Spiritual Leader of the home.



“Terrific Toddlers (or Tantrum Free Two’s - Almost!)”



The refreshing message of Terrific Toddlers is that as a parent, you can make a difference in your toddler’s behaviour. In this straightforward and practical book, Mel Hayde is profoundly positive, encouraging mums to proactively guide and train their children.

She firmly believes in the calm consistency of a flexible routine. In this environment, mothers more frequently feel calm and in control, and toddlers can learn the self-control they require to play happily with others and alone, to share, to be polite and to obey.

Terrific Toddlers will inspire you to make a difference in your home - establishing a degree of order that suits your lifestyle and personality, and giving your children the lifelong gift of learning to control their words and actions. The needs of all family members are met, and the joy of parenting becomes a reality. Be positive and proactive, and enjoy your toddler!

To Worry or Not to Worry

Balm for the soul – help for the worrier. This may make a great personal reflection time, couch time topic (for a longer one) or even a family devotion – a chance to pass .

Our Father in heaven, hallowed by thy name
 Your kingdom come, Your will be done on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins as we forgive those who sin against us.
 Lead us not into temptation, but deliver us from the evil one.
 For the kingdom, the power and the glory are Yours, now and forever.
 Amen.

Three keys to overcome anxiety, worry, stress...

1. Ask for God’s assistance [Give us...]
 You do not have, because you do not ask God (James 4:2)
 God will meet all your needs according to His glorious riches in Christ Jesus (Philippians 4:19)



2. Remember God’s resources [... daily bread]
 He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things? (Romans 8:32)
3. Trust God’s timing [... today...]
 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6-7)

So be open, who of your parents was most prone to worry? Who do you take after? Who of your parents was most patient? Who do you take after?

So dig a little. Read Philippians 4:6. What are we told to do to relieve stress and worry? If God knows what we need, why do we have to ask? (See Romans 8:32, Philippians 4:19, James 4:19)

So now reflect. What worries to you need to bring to Jesus? Where do you need to exercise more faith? Will you?



A photograph of a family of four laughing joyfully outdoors. A man in a white sweater is in the center, laughing with his eyes closed. A woman in a white shirt is on the right, laughing with her mouth wide open. A young girl is on the man's shoulders, also laughing. A young boy is in the foreground, laughing with his mouth open. The background is filled with trees with yellow and orange autumn leaves under a blue sky.

A Great Responsibility

We need to teach our daughters the difference between a man who flatters her and a man who compliments her.

A man who spends money on her and a man who invests in her.

A man who views her as property and a man who views her properly.

A man who lusts after her and a man who loves her.

A man who believes he is God's gift to women and a man who remembers a woman was God's gift to man and then teach our sons to be that kind of man.

Positive Parenting

May 2013 – Mom's Notes Newsletter
 (Joey & Carla are authors of both Mom's Notes and Parenting Made Practical)

What do we mean by this? It is easy for parents to focus on the restrictive or negative side of parenting. You are "restrictive" in your parent when you point out the negative your children are doing. "Why can't you get ready on time?" "When are you going to do what I tell you to do?" "Stop hitting your sister!" While you cannot avoid being restrictive in your parenting, don't overlook the many things you can do that affect the behaviour of your child in a positive way, often without discipline.

ELEVATE THE GOOD....ELEVATE THE GOOD....ELEVATE THE GOOD

Point your children in the direction you want them to go. Instead of saying, "Stop hitting your brother!" try, "Tell me one way you can be nice to your brother." After you get his answer, ask him if he is willing to do it at that moment.

Pointing them to the 'good' is to get into the habit of saying the opposite of the negative.

Instead of this, try this:

Stop running in the house! ----- Please walk in the house, you can run outside.

Why can't you do what I tell you to do? ----- I asked you to vacuum the family room. When will you get it done?

We are late again, why can't you get your stuff done on time? ----- Make a list of all the things you need to do to get ready to leave the house in the morning. Write down how much time it will take to complete the list. That is how early you need to get up.

Quit hitting your brother! ----- Tell me something you can do right now to show your brother you love him.

Write down the negative things you said to each of your kids this

past week. Re-word each statement in a positive way. Parents have to teach themselves to elevate the good in their children.

(For more on 'elevating the good', see the Mom's Notes presentations, "Understanding Character Training, Parts 1 and 2")

ELEVATE THE GOOD... ELEVATE THE GOOD... ELEVATE THE GOOD

PRAISE and ENCOURAGEMENT are far better MOTIVATORS to get your children to do what they are supposed to do to than discipline and critical words.

"Therefore encourage one another and build each other up."
 I Thessalonians 5:11

NO DOUBLE STANDARD...

Children quickly pick up on any double standard on the part of the parent, and it breeds in them a lack of trust and security. Asking your children to do what you are not asking of yourself applies to more than just your actions. It applies to how they view your character. For example, do not require them to speak kindly to others if you do not speak kindly to them.

"Follow my example as I follow the example of Christ."
 I Cor. 11:1

Elevate the good, encourage your children when they take the initiative to do the right thing and eliminate double standards. Wow. This is a lot to work on, isn't it? Pick one of them and get to work on it. Flip your calendar to the beginning of next month and write down one of the others and figure out a way to work on it. Do the same for the next month. The only way to be consistent when working on things is to work on one thing at a time. Putting these positive ways into practice when working with your kids will reap huge benefits in your home!



The Stranger

A few years after I was born, my Dad met a stranger who was new to our small town. From the beginning, Dad was fascinated with this enchanting newcomer and soon invited him to live with our family. The stranger was quickly accepted and was around from then on.

As I grew up, I never questioned his place in my family. In my young mind, he had a special niche. My parents were complementary instructors: Mum taught me good from evil, and Dad taught me to obey. But the stranger... he was our storyteller. He would keep us spellbound for hours on end with adventures, mysteries and comedies.

If I wanted to know anything about politics, history or science, he always knew the answers about the past, understood the present and even seemed able to predict the future! He took my family to the first major league ball game. He made me laugh, and he made me cry. The stranger never stopped talking, but Dad didn't seem to mind.

Sometimes, Mum would get up quietly while the rest of us were shushing each other to listen to what he had to say, and she would go to the kitchen for peace and quiet. (I wonder now if she ever prayed for the stranger to leave.)

Dad ruled our household with certain moral convictions, but the stranger never felt obligated to honour them. Profanity, for example, was not allowed in our home - not from us, our friends or any visitors. Our long time visitor, however, got away with four-letter words that burned my ears and made my dad squirm and my mother blush.

My Dad didn't permit the liberal use of alcohol but the stranger encouraged us to try it on a regular basis. He made cigarettes look cool, cigars manly, and pipes distinguished. He talked freely (much too freely!) about sex. His comments were sometimes blatant, sometimes suggestive, and generally embarrassing...

I now know that my early concepts about relationships were influenced strongly by the stranger. Time after time, he opposed the values of my parents, yet he was seldom rebuked ... And NEVER asked to leave.

More than fifty years have passed since the stranger moved in with our family. He has blended right in and is not nearly as fascinating as he was at first. Still, if you could walk into my parents' den today, you would still find him sitting over in his corner, waiting for someone to listen to him talk and watch him draw his pictures.

His name?

We just call him 'TV'.

He has a wife now....we call her 'Computer'.

Their first child is "Cell Phone".

Second child "iPod".

And RECENTLY BORN a Grandchild:

iPAD !!!!

THIS IS REALLY TRUE HISTORY!

Most Commonly Asked Questions of Contact Mums



Q: My kids ages 8 & 10 fight and argue all the time. How do I teach them to be kind to each other?

A: When dealing with children on issues such as this, the first step is to whisper a prayer asking the Lord for wisdom as to how to proceed so that He is honoured with the outcome. A good starting place may be to stop the argument immediately by instructing them to 'fold their hands' so they can gain self-control, very much like you did when they were toddlers. These few moments of quiet will give you and the children time to think, pray and process. During this time ask yourself some questions – How long has this been an issue? Is this a new behaviour or something I've allowed to go on and I'm now noticing? What is the example of conflict resolution before my children in our home? Are they around influences outside the home that bicker and argue? Fighting and arguing is rooted in pride, selfishness, anger, bitterness, jealousy and more. Throughout the Bible, and specifically in Proverbs not only do we find admonitions regarding these behaviours, the Scripture also provides the consequences of what happens to a contentious person. Once the children have 'self-control', if you haven't previously shared with them the root causes of fighting and arguing, now would be a good time to do so. Sharing scripture with the objective of the Word doing the 'lecturing' not Mum. Once the children appear to have an understanding of the words spoken, provide them an opportunity to independently

reflect on their actions and words, with the additional instructions that they need to be able to again share with you what they did wrong and what they must do to make it right. In addition to those two questions, you may also ask them some questions like: Why was my reaction right or wrong? How could I have handled this situation differently? How can I make this right? Who was involved and how can I restore with each one?

If this has been an ongoing issue between the children make this behaviour something they will work on for at least a month. Using Scriptures that speaks to these issues and encourage them to memorize appropriate passages. For example, II Tim. 2:23 shares: "avoid foolish, ignorant disputes which lead to strife". Empower them to recognize when to walk away, and abandon the quarrel even before it breaks out (Proverbs 17:14). Romans 12:18 shares: "As far as it depends on you, live peaceably with all." This is something that can be reinforced and cultivated. Remember, the best teacher is the Word of God and there are plenty of biblical examples from both the Old and New Testaments of conflicts and how they were rightly or wrongly handled.

On a lighter note, if this behaviour is not characteristic of your children, but something new, perhaps a reminder in the midst of the argument about how much you LOVE hearing them be cooperative, getting along and being best friends. Asking them to tell one another 'I love you' sometimes breaks the tension and makes them laugh. They smile, hug and the result is cooperation and peace. "Making Brothers and Sisters Best Friends" by Sarah, Stephen and Grace Mally is a book we recommend.