



# Growing Families Australia

NATIONAL NEWSLETTER

Reaching our nation one family at a time

## Inside:

- Good Manners
- Building Family Identity
- Leader Hints
- Preparation for Parents Hints
- And more...

## 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](mailto:enquiries@gfi.org.au)

# Greetings from Queensland



Time - we are often short of it, sometimes we don't know what to do if we have too much of it and we certainly don't know how much of it we have here on earth - and once in heaven, there is no time... curious huh.

What our family also knows for certain about time though, is that we no longer have time with our children's grandfather, Geoff's Dad - as he went to be with his Saviour recently. Events such as these give you time to pause for reflection.

One such moment of reflection was the new reality for Geoff that we can't get another hug from Dad. Gary also mentions that loss (or longing) in one of the GKGW sessions - until recently that was an interesting 'insight' without much significance - not so now. Now he 'understand'. It is interesting how some things we can understand and learn in the abstract and others we need to experience ourselves before we can really understand.

This is true in our parenting journey too.

So while we can learn some things from the Growing Families material and good facilitators, some of it we need to experience ourselves to understand. However what we have found to be true is that being prepared has always been helpful, even if we don't fully understand. So too learning from those who have gone before us in this journey.

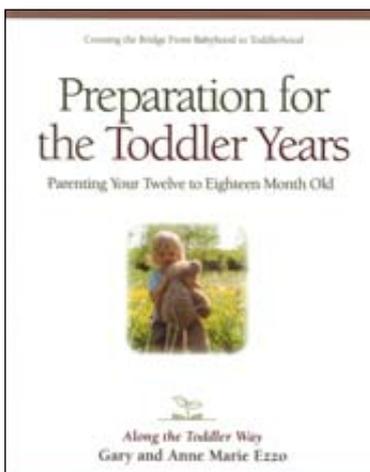
So what are the take home messages:

- Remember, there is not always tomorrow
- Be prepared by gaining knowledge and understanding - that may mean doing another course, attending a family fun day or National Conference
- Partner up with like minded families
- Make parenting a priority by having enough time to be an interdependent family
- Always sneak in an extra hug or kiss - you never know which one is the last one.

*Geoff & Alicia*

## Key Principle - GKGW Chapter 10

Encouragement takes a quantum leap when you add physical touch to your words of praise. It is even more meaningful when Dad does it.



## Preparation for the Toddler Years

Preparation for the Toddler Years covers a range of topics, but starts with Begin as you mean to go. Other topics just in visit one include:

- The guiding principle remains "Begin as you mean to go"
- Don't focus on gaining ground, but rather focus more on not losing any ground.
- Unpredictability is something that is unfortunately very predictable but your daily routine will help you persevere.
- Concrete examples speed up the process of understanding.
- Context is what allows you to achieve freedom in the decision-making process without compromising your long-range goals or objectives.
- One of the greatest gifts parents can pass onto their children is a beautiful and ongoing demonstration of love for each other.



## Sharing your life stories

Amongst this fantastic Mums Note session on "Building Family Identity" there are some fantastic practical suggestions for both the spiritual and emotional aspects of identity... One of the gems is on family nights... "If you are not in the practice of having family nights, start with once a month, with the goal of having one weekly or bi-weekly. Family members get to take turns planning family nights. Everyone participates with a "happy attitude." Make it a practice to not have "videos and popcorn" on a regular basis for family nights. While this is fine once in a while, the goal of family nights is to stimulate conversation and promote activities where the family can work together for a common goal. The exception to videos would be watching your family videos. Our children enjoy going back and watching videos of themselves growing up.

(From *Mom's Notes* by Joey & Carla Link – Vol 3 – *Building Family Identity*) – you can buy the CD's or notes from GFA at [www.gfi.org.au](http://www.gfi.org.au).

## Couch Time



For couch time this month think of three things that characterise your family and are important for your family identity. Discuss them with your family

## Decode the symbols



The title of this illusion causes you to focus on the wrong thing. They are not really symbols. The timber blocks are simply what is left after you cut out the word JESUS. Perhaps the reason you have not yet found the real Jesus is because you have been focusing on the wrong things - money, toys, career, fashion, sport.

2 Corinthians 4:4. They do not believe, because their minds have been kept in the dark by the evil god of this world. He keeps them from seeing the light shining on them, the light that comes from the Good News about the glory of Christ, who is the exact likeness of God.

If you have boys – this may be a great project – try and make the "symbols"... while doing so – side by side – it's a great time to talk about the things of God...

## Prep for Parenting – What can I do as a dad...

I am a new dad, what can I do to help?

Listen to your wife, provide support & encouragement.

She can apply the principles at her own pace.

Bring a glass of water at each feed.

Encourage mother to rest (2 naps a day initially, or at least lie down).

Work out ways to reduce mother's stress.

Organise relatives to help, or so that they don't get in the way at the wrong times.

Identify post-natal depression - often not easily diagnosed by mum herself.

Settle baby between feeds (often works well because you don't smell of breast milk).

## Prep for Parenting – A reminder of what is important during the first few weeks

What are the most important parts of the Preparation for Parenting to apply during the first couple of weeks?

**Full Feeds** - Keeping baby awake for a full feed is very important for lactation.

**Healthy Baby Growth Charts** - Use them to be sure your baby is getting enough milk.

**Night - vs - Day** - Wake them on routine during day, let them sleep a little longer at night.

**Stabilization** - Feeding routine comes before sleeping routine.

**Routine** - 2-3 hours from start of a feed to the start of the next feed, during the first 4 weeks.

**Feed-Wake-Sleep** - Aim for a short 5 minute waketime during the second week.

**Avoid Stress** - Take clocks & turn them to the wall, work at getting full feedings first.

**Hunger** - If baby is hungry, feed him, but try to find out why he is hungry early.

**Enjoy your baby** - Don't worry too much about getting everything right, it can be fixed later!

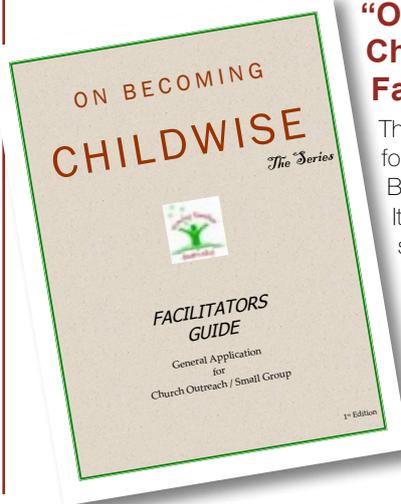
## Leader Hints

Do not forget the key to successfully changing lives is discipleship. What has made GKGW as wide ranging as it is – it is all about discipleship. It changes lives and helps move from appreciation of material to appropriation of material. It is the difference between reading a book or watching a DVD and then forgetting most of it and what GKGW is – it's life changing.

That's why small groups are better...

Do remember the key to successfully changing lives is discipleship.

Don't forget the food – it helps getting people to stay. Food helps getting people to stay and talk. Talking helps getting open communication – it is the crutch to keep people talking.



## "On Becoming Childwise Facilitator's Guide"

This Facilitator's Guide is a must for all class leaders of the "On Becoming Childwise" classes.

It contains many important steps from implementing a parenting ministry to special class situations. It also contains session guides for each chapter with key discussion topics.

THE A.L. SERIES

# "GOOD MANNERS"

BASED UPON RULES OF THE  
**Children's National Guild of Courtesy**

**COURTESY**, Politeness, or Good Manners, means kindly and thoughtful consideration for others. A Celebrated writer has said that a Boy who is Courteous and Pure is an honour to his country. Brave and Noble men and women are always Courteous. Three of the bravest and greatest men who ever lived—the Duke of Wellington, General Gordon and General Washington—were distinguished for their courteous behaviour.

Courteous Boys and Girls will always be careful to observe the following RULES :-

<b>AS TO THEMSELVES</b>	Be Honest, Truthful, and Pure. Do not use Bad Language. Keep out of Bad Company. Keep your Face and Hands clean, and your Clothes and Boots brushed and neat.
<b>AT HOME</b>	Help your Parents as much as you can, and do your best to please them. Be kind to your Brothers and Sisters. Do not be Selfish, but share all your Good Things.
<b>AT SCHOOL</b>	Be Respectful to your Teachers, and help them as much as you can; their work is very difficult and trying. Observe the School Rules. Do not "Copy," nor Cheat in any way. Do not Cut the Desks, nor Write in the Reading Books, etc. Never let another be Punished in mistake for yourself; this is Cowardly and Mean.
<b>AT PLAY</b>	Do not Cheat at Games. Do not Bully; only Cowards do this. Be Pleasant and not Quarrelsome. Do not Jeer at your Schoolmates, or call them by Names which they do not like.
<b>IN THE STREET</b>	Salute your Ministers, Teachers, and Acquaintances when you meet them; they will Salute you in return. Do not Push nor run against people. Do not Chalk on doors, walls, nor gates. Do not Throw Stones, nor destroy Property. Do not Annoy Shopkeepers by Loitering at their shop doors and windows. Do not make Slides on the pavement, nor throw Orange Peel or Banana Skins there; <i>dangerous accidents</i> often result from these practices. Do not make Fun of Old nor Crippled People, but be particularly polite to them, as well as to Strangers and Foreigners.
<b>AT TABLE</b>	Always Wash your Hands and Face before coming to the Table. Do not put your Knife to your Mouth. Look after Other People; do not Help yourself only. Do not be greedy. Do not Speak nor Drink with Food in your Mouth. Turn your head away from the Table and put your Hand or Handkerchief before your Mouth when you Sneeze or Cough. Do not sit with your Elbow on the Table.
<b>EVERYWHERE</b>	Never be Rude to <i>anybody</i> , whether older or younger, richer or poorer, than yourself. Remember to say "Please" or "Thank You"; "Yes, Sir," or "Yes, Ma'am"; "No, Sir," or "No, Ma'am." Before entering a room it is often courteous to Knock at the Door. Do not forget to close the door <i>quietly</i> after you. Always show attention to Older People and Strangers by opening the door for them, bringing what they require (hat, chair, etc.), giving up your seat to them if necessary, and in every possible way Saving them trouble. Never Interrupt when a person is speaking. Always Mind your own Business. Be Punctual. Be Tidy
<b>REMEMBER</b>	All these rules respecting your conduct towards others are included in the one <b>GOLDEN RULE</b> , " <i>Always do to others as you would wish them to do to you if you were in their place.</i> " Whenever, therefore, you are in doubt as to how you should act toward others ask yourself this question, "How should I like them to act towards me if I were in their place?" and then <i>Do what your conscience tells you is right.</i>