

February 2014

parenting CHRISTIAN kids



through excellence in
ministry to children.

St. Luke UMC
www.stlukeumc.org

Love Connection

POWERSOURCE

ASK GOD:

1. To help you strengthen the bond between you and each of your children.
2. For a fresh perspective of what makes your children feel most loved.
3. For a better understanding of how *you* feel most loved.

With the focus on love this Valentine's Day, use it as a jumpstart to better understand what makes your kids feel loved. Perception and reception of love isn't the same for everyone, so how you communicate is important. And even though your children are *your* children, they may feel most loved in different ways than you.

You can deepen your connection and improve your relationship with each child by investigating what the child's primary love language is. Dr. Gary Chapman paved the way to this understanding with his work and insight into what he's identified as The 5 Love Languages. Chapman defines the Love Languages in the following

ways.

- **Physical Touch:** cuddling, hugs, holding hands, high fives, and pats on the back.
- **Quality Time:** any activity done together that allows for focused time in conversation free from distractions competing for your attention.
- **Acts of Service:** helping your kids with their tasks, such as chores, homework, and any challenges that cause stress.
- **Receiving Gifts:** giving your children very personal gifts that demonstrate how well you know them.
- **Words of Affirmation:** complimenting, encouraging, and using terms of endearment that express the value and qualities you see in your children.

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TEACHABLE MOMENTS

Valentine's Day

Purchase a small package of candy hearts and lead your kids in this simple experience to invite God into your Valentine's Day.

Ask: **What special things do we do to celebrate Valentine's Day?** (Give each child a candy. Help your kids read the message on their candy, if needed.)

Say: **It's great to give each other special messages on Valentine's Day, but the Bible talks about another way we can show love to each other.** (Read aloud 1 John 3:18.)

Ask: **What do you think this verse tells us about showing our love? What can we do to show love with our actions? Who could you show love to this week?**

Pray: **God, thank you for your great love. Please help us show love to others. In Jesus' name, amen.**

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Love Languages 101

While you're investigating the Love Languages that make your kids feel most loved, take a close look at what gestures, words, and activities make *you* feel most loved. As you better understand your own Love Language, you'll better grasp why certain things make your children feel loved. Even if your primary Love Language differs from your kids or anyone else in your family, you'll see how specific actions make a special connection with your heart. Get to know and "speak" your kids' Love Languages with the following tips.

Watch for cues. To discover your kids' primary Love Language, be mindful of the activities they enjoy most and how they react to your displays of love. Try new interactions if you tend to express your love in the same way—such as hugs and "I love you." Watch for your kids' faces to light up and what they say to you following each effort you make to express love. The interactions that grab kids' attention, bring a smile, and lift spirits are good indicators of a Love Language connection.

Revisit your kids' favorite memories. Talk with your children about memories that stand out to them and why. As you unpack what made those memories stick, you'll discover keys to impacting your kids' hearts. Memories that last connect with the heart, not just the head. Discovering how to make that connection to each child's heart will help you build lasting love impressions that stay with your kids for years to come.

Keep a record of each child's Love Language. As you investigate what Love Language best connects with each of your children, make notes of what you discover. Think of this as your personal Love Language dictionary. It'll be a handy reference and reminder of making important, loving connections with your children. This'll be particularly helpful if your primary Love Language differs from any of your children's. It feels most natural to express your love in the way you best understand it. Your dictionary will help you remember how to express love for each child in the language he or she best understands.



"Dear children, let's not merely say that we love each other; let us show the truth by our actions."

—1 John 3:18

MEDIA MADNESS



MOVIES

Title: Earth to Echo (Releases April 2014)

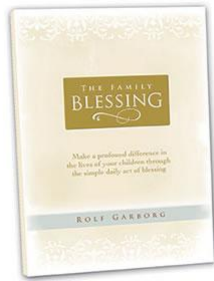
Genre: Adventure/Science Fiction

Rating: PG

Cast: Teo Halm, Astro, Reese Hartwig, Ella Wahlestedt

Synopsis: Young friends receive strange text messages shortly after a new construction project begins in their neighborhood. The friends set out to discover the origins of the text messages and find much more than they bargained for.

Our Take: While the trailers and published summaries leave much unanswered, the overall plot of this movie deals with an extraterrestrial being in need. Expect an emotional, dramatic movie that'll captivate kids' imaginations, but may also leave them with questions. The movie could spark conversations about God's creation and how to care for others when they're in need.



BOOKS

Title: The Family Blessing (2013)

Author: Rolf Garborg

Publisher: Group

Summary: This book provides a biblical way to unleash the power of faith in the lives of your family. Garborg guides you through the tradition of giving your kids a daily encouragement. You'll understand why it's so important to bless your kids and how to make an unforgettable impact on their hearts.

Our Take: Raising kids and growing a family is one of life's greatest joys...and challenges. Thankfully, the simple practices Garborg outlines for blessing your family can have a profound and lasting effect on your children's lives and ensure a heritage of spiritual vitality.



CULTURE & TRENDS

A Parenting Point of View "There are not simple causal explanations for how you raise a child...Parenting is a long slow process of slowly transmitting a belief system, a way of ordering the world, and moral/ethical values. Parenting is about making sure your children know how to think critically and reflectively about the activities and experiences with which they are presented."—*Jordan Shapiro, contributor to Forbes*

Games, Sites & Apps

Donkey Kong Country: Tropical Freeze

This latest game in the series allows players to maneuver through stages, avoiding bad guys while swinging on vines and getting blasted out of barrels. For Wii U, rated E for Everyone.

Funbrain.com

It can be difficult to peel kids away from playing games, but this website is full of fun that's entertaining and educational. If your child's struggling in math or reading, there are many games focused on increasing skills and aptitude in both of these subjects.

Angry Birds Go!

Those angry birds and mischievous pigs are at it again in the new Angry Birds game. This time, players get to send the birds blazing down a track at high speeds in a race to the finish line! And, for the first time, the game is in 3D—offering a whole new look and experience.

QUICK STATS

Sense of Safety When asked "What makes you feel safe and happy?" just two percent of kids from all over the world responded with "religious beings/places/god." The majority of kids (56 percent) said being with family makes them feel safe and happy. (*childfund.org*)

90 Seconds Longer The extra time it takes children to run a mile than it took their counterparts 30 years ago. Heart-related fitness has declined 5 percent per decade since 1975 for children ages 9 to 17, and the World Health Organization data shows 80 percent of kids globally may not be getting enough exercise. (*latino.foxnews.com*)

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



February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 Super Bowl Sunday! Broncos vs. Seahawks Miss Susan is pulling for the Broncos!	3	4	5 Wednesday.com	6	7 Winter Olympics Opening Ceremony	8
9	10	11	12 Wednesday.com	13	14 Valentine's Day	15
16	17 President's Day	18	19 Wednesday.com	20	21	22
23	24	25	26 Wednesday.com	27	28	

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