

## PARENTING IN 5: ONE ON ONE

“Train up a child in the way he should go [and in keeping with his individual gift or bent], and when he is old he will not depart from it.”

Proverbs 22:6 AMPC

### What does this mean?

- as parents, it is primarily our responsibility to raise our kids
- we need to get to know each child's unique character
- then we help them be *their* best—not *our* ideal

### How do we do it?

- spend quality time with each child alone (even just 20 min/day)
- let them guide the time (choosing a book to read, an activity, or the topic of conversation)
- relate your values, and those found in scripture, to your child's interests:
  - “I see you choosing books about animals, did you know that God created all the animals and gave us the job to care for them?”
  - “Wow, you are very strong! God puts people with different abilities together in families and communities to help each other.”
  - “You sound worried about what will happen now that grandpa is really sick. Would you like to talk about God's plan for us after our life on earth ends?”

**Top Tip:** scheduling one-on-one time with your kids (and your spouse) reduces stress and helps everyone feel valued



### Here to help!

- DV Kids has online programming, staff who virtually “meet” your children in small groups, and Pastor Karen Stefacek is also a great resource available at [kstefacek@desertvineyard.org](mailto:kstefacek@desertvineyard.org)
- DV Youth also has online content that helps middle and high school aged youth connect with one another and apply scripture to their everyday life. For more info you can contact Pastor Jordan Corlew at [jcorlew@desertvineyard.org](mailto:jcorlew@desertvineyard.org)
- Our Marriage, Family, and Care Ministries Pastor, Audra Lexin, is available for questions and virtual appointments too! Email at [alexin@desertvineyard.org](mailto:alexin@desertvineyard.org)