

PARENTING IN 5: POSITIVE PARENTING

“Don’t keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with the loving discipline the Lord himself approves, with suggestions and godly advice.”

Ephesians 6:4 TLB

What does this mean?

- speak to your children in ways that express love and concern rather than anger, disappointment, or irritation
- make expectations clear, realistic, and godly
- avoid nagging and other frustrating modes of communication

How do we do it?

- clarify expectations with details like how and when, as well as consequences and rewards:
 - “please tidy your room by putting your toys away before dinner each day; any toys left out will be off-limits tomorrow”
 - “you can have an hour of tv time after school if you show me your completed assignments/homework and tell me one new thing you learned today”
 - “I know it is hard, but please do not interrupt me during this hour-long meeting; when it is over, I will read to you for ten minutes before my next meeting”
- be quick to apologize when you are in the wrong or do not follow through on what you promise and always communicate forgiveness to kids for their misbehavior
- be mindful of criticizing kid’s efforts:
 - if your teen is tasked with loading the dishwasher, acknowledge the completed task and avoid re-loading because it is not done your way
 - if you need your elementary-age child to keep themselves busy while you take a meeting or make dinner, appreciate their doing so even if it means there are more toys to clean up
 - encourage toddlers and young children who want to help even if their limited ability to dust or mop does not really make your job any easier

Top Tip: kids generally want to please their parents, so be sure to “catch them being good” as often as possible



Here to help!

- visit www.desertvineyard.org for more parenting and faith building resources including new Blogs on every week