

LITTLE LISTS FOR THE PARENTS:

Five sentences to avoid when talking with children:

- “Why can’t you be more like.....”
- “Don’t be silly there is nothing to be frightened of.”
 - “Wait till your father gets home.”
- “If you don’t hurry up, I’m going to leave you here.”
 - “You’re so stupid.”

6 Questions to ask your teenager in the next 7 days:

1. How can I be a better parent to you?
2. What do you think are some of the things I could do better?
3. What friends do you see as the best influences in your life?
4. Name some of your fondest memoirs of your childhood?
5. When do I make you feel proud?
6. What is the most important thing you’ve learnt in life so far?

Gifts that say ‘I love you’ without speaking.

When they say, “Watch me” – do.

Celebrate their achievements. (Even the small ones.)

When your teen is watching their favorite TV show, join them.

When making big family decisions, ask for your teens prayers & opinions.

Leave little notes of encouragement in their lunch box or pocket.

Be there when your teen is partaking in Sports events or school productions.

Always kiss & hug them as they leave for school. (Or blow a kiss if they think they are too old for hugs!)

Let them see you praying for them.

When you teen is talking to you, ‘listen’ with you eyes as well as your ears.

Be interested in their friends – get to know them.

Display their artwork - proudly and prominently.

Build your teen up in front of their friends.

Be a good parent

Be aware, Be assertive, Be accepting, Be approachable,
Be affectionate, Be alert.

5 Regrets your teen should never live with:

1. **Moral regrets.** Falling & failing will leave scars.
2. **Ministry regrets.** Missing 'the moment'.
3. **Mentor regrets.** Good mentoring is priceless.
4. **Maximum regrets.** Giving 100% - no-one can ask for more.
5. **Media regrets.** Time wasted on TV, PC & XBOX is gone forever.

5 Things children should believe about themselves

1. I can stand against the enemies' attacks. *Isaiah 54:17*
2. I can face life with confidence. *Philippians 4:13*
3. I am never alone. *Hebrews 13:5*
4. I can have victory over temptation & sin. *1 Corinthians. 15:57*
5. I have a destiny & a great future. *Jeremiah 29:11*

Gifts to give your children - from A to Z

A ttention	B oundaries	C are	D ignity
E ncouragement	F orgiveness	G uidance	H ope
I dentify	J esus	K indness	L ove
M entoring	N ourishment	O pportunity	P ride
Q uality	R espect	S ignificance	T rust
U nderstanding	V alue	W holeheartedness	X X (kisses)
	Y ourself	Z estfulness	

5 things school is unlikely to teach your teen. (But church should)

1. How to be happy with who they are.
2. How to build a successful marriage.
3. How to be a good parent.
4. How to live within their means.
5. Discover the meaning of life.

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