

PARENTS PODCAST



Main Ideas

Our faith and our parenting are interconnected.

Our child is made in the image of God to be confident, courageous, calm, curious, creative, and compassionate.

Behind “bad” behavior, there’s often an unaddressed need.

Overall, our kids need to know we see them. As they grow up, don’t pull back—lean in.

Keep our kid’s character in mind when we correct. Then, continue cultivating an environment where our family can stay open with each other.



Discussion Questions

Share about a time when you assessed yourself, released tension, and were able to address your kids differently as a result.

How can you make a habit of connecting with your kids before correcting them? What would that look like for your family?

What might change about your correction approach if you focussed on character building instead of just behavior modifying?



Three Tips

Calm

When disciplining a child or addressing a behavioral problem, we have to start from a place of calm. Take a few minutes to assess yourself and release tension before re-entering the situation.

Connect

Before you correct their behavior, get on your kid’s level. Connect with them physically or emotionally. For teens, sometimes one word of how they are feeling changes the conversation completely.

Correct

As you correct, keep your kid’s character in mind. What is the character building outcome you are aiming for as you help your child become more of who they are meant to be in Christ?



Next Steps & Resources

Join the Life.Church Parent’s Facebook group!

Choose one of the three tips (calm, connect, or correct) to focus on this week. Why does that area stick out to you? What might it look like to intentionally develop yourself this way?

Cultivate your kid’s character. How can you foster their creativity, compassion, and ability to calm themselves? Try building a “calm down” box!