

FROM  
**ME TO WE**

KEYS FOR BUILDING **STRONG FAMILIES AND RELATIONSHIPS**

## #9 HELP, I'M A PARENT! - PART 2

### 1. Develop a relationship with your children.

**Proverbs 3:5-6 (NIV)** Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

*8 things that set an atmosphere of trust:*

- Care.
- Affection.
- Attention.
- Example.
- Acceptance.
- Security.
- Predictability.
- Apology.

### 2. Learn to affirm.

*Affirmation:*

- ▶ Notices the positive qualities, attitudes and actions in someone.
- ▶ Communicates pleasure in the positive qualities, attitudes and actions in someone.
- ▶ Communicates this pleasure unconditionally.
- ▶ Focuses more on the "being" than the "doing."
- ▶ Imparts blessing, steadiness, strength, and firmness into the soul of the person affirmed.

**Matthew 3:16-17 (TLB)** After his baptism, as soon as Jesus came up out of the water, the heavens were opened to him and he saw the Spirit of God coming down in the form of a dove. And a voice from heaven said, "This is my beloved Son, and I am wonderfully pleased with him."

### 3. Stay engaged with your children.

#### • **Psalm 139:1-11**

*Being engaged with your child involves a number of different elements:*

- ▶ Having meaningful personal conversations with them that include listening to them; developing "heart-to-heart" moments.
- ▶ Paying attention to and taking advantage of teachable moments.
- ▶ Knowing and filtering your child's friends.
- ▶ Knowing and approving (and confirming) your child's whereabouts.
- ▶ Monitoring and managing your child's screen time.
- ▶ Monitoring your child's music, media and web content, including their social media activity.

**1 Peter 5:8 (NLT)** Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour.