

ZION'S FAITH AT HOME MINISTRIES NEWSLETTER

theParentLinkSM

January 2010



CHORES FOSTER RESPONSIBLE KIDS

Make one of your New Year's resolutions starting a regular chore routine for your children. You'll provide a valuable gift. Chores teach children responsibility, develop much-needed life skills, and instill a sense of belonging and self-worth.

Most child-development experts agree that children shouldn't be paid for household chores, which are part of contributing to family life. Here are some tips for a positive chore experience at your house:

Give kids ownership. Have a family meeting and enlist the help of your children in selecting the chores they want to do. Also have them participate in selecting the consequences for chores not performed in a timely manner. Let kids know expectations ahead of time.

Use "shaping" to teach tasks. First, let children watch you perform a chore as you talk through it step by step. The next time, let children perform one part of the chore. Each time, give kids a little more responsibility until they're ready to tackle the chore alone.

Use language cues to spur self-reflection and responsible behavior. Say, "I see books on the floor" rather than giving a direct command. That helps kids make decisions and reduces any defiance.

Offer encouragement. Always thank children for their contributions and offer genuine praise for their efforts. Instead of saying, "Your room looks good," say, "Thank you for working so hard to put your clothes and toys in their proper place." Don't expect perfection.

More on Chores

Researchers in Canada and Australia discovered that not all chores are created equal. Children who perform chores that are focused on helping others, such as feeding pets or setting the table, show more concern for others than kids who do only self-focused chores, such as putting away their clothes or cleaning their rooms. But lots of kids are apparently missing out on the positive aspects of chores. In a "Zoom" poll at pbskids.org, more than 4,500 children revealed how much time they spend on household chores each week. The biggest response (33%) was "I don't do chores." Meanwhile, 28% of children said they spend one to two hours on chores weekly.



Ask God:

- ✠ To give your children a good attitude about doing chores.
- ✠ To help your children feel like contributing members of a close family.
- ✠ To develop in your children a heart for service at home and elsewhere.

Parenting Insights

Select chores specifically geared to your child's age, ability, and personality. Here are some examples of age-appropriate tasks:

Ages 3 to 5

Work alongside children to help them perform simple chores such as putting away toys, putting dirty clothes in the hamper, sorting laundry into color-coded piles, making their beds, and feeding pets.

Ages 6 to 8

Children can dust and vacuum, put away their clothes, empty wastebaskets, set and clear the table, care for pets, and help with some yardwork.

Ages 9 to 12

Kids can unpack groceries, load and unload the dishwasher, mop the floor, fold laundry, wash the car, and help prepare simple meals.

Elementary Youth



January 31st 12:30-2:00 pm

All elementary kids and families please join us at KENT BOWL for an afternoon of fun! Cost is \$8 per student and that includes pizza and soda! Please sign up on the Faith at Home Ministries board. Carpooling is available.



JANUARY/FEBRUARY
SUNDAY SCHOOL
OFFERING FOCUS

CEREAL Drive!

Donations will go to the
Springwood Food Bank.

Please bring your offering to your
shepherd in the Great Hall.

Living Word

Sixth-Eighth Graders

This month we will begin the study of the Apostles' Creed. What is a creed? A creed is a statement of what we believe, teach and confess. In order to Affirm our Baptism we must first know what we are saying that we believe!

Here are some thoughts about the First and Second Articles of the Apostles' Creed.

- ✠ Why is God, the Father Almighty called "Maker of heaven and earth"? Because in six days He created all things, out of nothing, simply by His word!
- ✠ How does the universe still depend on God? God sustains all things by His wisdom and power.
- ✠ Why is He named Jesus? The name Jesus means "the Lord saves." Jesus is His personal name.

Dear God, Remind me that my heartbeat is a gift from you. Every moment, every second, each breath and each heartbeat is a gift from you the Creator. I can use my breath to curse or to bless. I can use my heartbeat to destroy or build. Teach me to use this gift the way you want me to. Amen.



✠ FAITH in Action!

6th – 8th Grade Day Retreat
January 17th 9:45 – 4 pm \$10.00

The challenge to serve others resounds clearly throughout the Bible. Jesus gives countless examples of service and calls us to do likewise. Let's put our Faith into Action with devotions and service and fun!

Please sign-up in the Living Word House or email
Kelly Mullin at: kmullin.zionkent@comcast.net.

Recognize the Signs of Teenage Depression



Adolescence is a time of joys and possibilities, but it's also a time of changes, challenges and magnified pains. REM lead singer Michael Stipe wrote the angst-ridden song "Everybody Hurts" with teenagers in mind.

Statistics show just how much today's kids are hurting inside. After years of steady decline, America's teen suicide rate has started climbing again. Suicide is the third-leading cause of death among teenagers, and for every suicide death there are an estimated 10 attempts.

Christian teenagers aren't immune from depression and despair. Many of them face the added burden of guilt for feeling worthless and unlovable. So they may be too ashamed to admit that they're struggling emotionally.

The most important thing parents can do for hurting teenagers is just be there. Be available and willing to listen, even if you can't solve kids' problems for them. Acknowledge that your teenagers are in pain; don't cheapen their problems by saying, "I know just how you feel." And if the problems are severe or profound, don't ignore them. Seek professional help through your teenagers' school or your community.

Here are some general warning signs of teenage depression. If you notice any of these things, talk to your teenager and seek help:

1. A suddenly worsening school performance
2. Withdrawal from friends or activities
3. Sadness, hopelessness, anger or rage
4. An unexplained decline in enthusiasm or energy
5. Changes in eating or sleeping patterns
6. Unprovoked episodes of crying or overreaction to criticism
7. Inability to concentrate or make decisions
8. Sudden neglect of appearance or hygiene
9. Use of alcohol or other drugs
10. Talking or writing about suicide or death
11. Giving away prized possessions

Senior High Youth

**Sunday School: 9:45 to 10:45 am
9th – 12th Graders!!!**

Come to the Faith Café to:
G.P.S. Gather/Pray/Scripture

January Topics:

3rd: Christmas Break, No Sunday School
10th: Baptism, Walking Wet, come see the skit!
17th: "How Great is Our God" Louie Giglio DVD!!!
24th: Recap! How Great is our GOD!
31st: "Louie Giglio" DVD number 2!



**Senior High
MISSION TRIP**

**Parent Meeting for Summer Mission Trip
SAVE THE DATE: January 10th 12:15pm
in the Fellowship Hall.**

Great Questions to Ask Your Kids

Help kids express their feelings by asking these heart-to-heart questions:

- ✝ If you could change one thing about your life, what would it be, and why?
- ✝ What are some challenges you're dealing with now? Do any seem overwhelming?
- ✝ What gives you the most joy? What causes you the most pain and frustration?
- ✝ How do you deal with hurts and disappointments? Do you ever think about hurting yourself? Do you have someone you feel comfortable talking to?

Verse of the Month

"Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (John 16:33)

Jesus doesn't promise us a trouble-free life. Instead, he came to earth to experience pain firsthand and then conquer it. He knows what each of us is going through and promises that everything, even the struggles, will work out for good. Because Jesus overcame sin and death, we have the hope of new life in heaven, our pain-free eternal home.



Focus on Prayer

PRAY THAT:

- ✝ God will protect your teenagers from depression and negative thoughts and feelings.
- ✝ Your teenagers will feel loved and valued by God and you.
- ✝ Your teenagers will deal with struggles in constructive ways.
- ✝ Your teenagers "will experience God's peace, which exceeds anything we can understand" (Philippians 4:7).

Pulse

Statistics about depression and suicide can seem daunting, but help is available:

- About 20% of teenagers experience depression before they reach adulthood.
- Girls attempt suicide more often than boys, but boys are four times as likely to succeed because they use deadlier methods.
- Researchers have identified "protective factors" against teen suicide: learned skills in problem-solving, impulse control, and conflict resolution; family and community support; access to mental-health care and support for help-seeking; restricted access to highly lethal items; and cultural and religious beliefs that support self-preservation.



Suicide-prevention resources: 1-800-273-TALK (8255), 1-800-SUICIDE (1-800-784-2433), www.teensuicide.us, www.teenhelp.com



- ✝ **January 10th:** "Walking Wet" Take it Home Event (see page 2 in Horizon)
- ✝ **January 10th:** Senior High Mission Trip Parent Meeting, 12:15pm
- ✝ **January 17th:** 6th – 8th Graders Day Retreat
- ✝ **January 31st:** Elementary Youth Bowling Party 12:30-2pm

Don't forget the **Cereal Drive** for the Springwood Food Bank, beginning in January and concluding February 14th!

