



CONNECTING WITH YOUR KIDS

The key to getting your kids to listen to you regarding any topic, is connecting to their heart. Spending time with them, learning about their dreams, and listening to them are your greatest training tools. The more time the better! What you model to them through your own life is also critical. **Intentional parents are the number one influencer of their child's decisions.**

HERE ARE SOME IDEAS:

AS A FAMILY:

- Eat dinner together as often as possible
- Go out on a date as a family*...movies, dinners, bowling
- Have a family game night¹ at home
- Serve together (The Healing Center or Matthew 25 Ministries are great!)
- Go on a weekend camping trip

ONE-ON-ONE:

- Go out for a smoothie, sit and talk, cell phones off
- Spend 20 minutes at the end of the day talking with your kid in a quiet place
- Play a board game or a card game together
- Hunting, fishing, hiking, target shooting together
- Serve together
- Run errands together without technology
- Write your child a note telling them specifically what you like about them.
- Keep a private shared notebook in which you can leave messages to each other.
- Just spend time together!

AS A PARENT:

Look for teachable moments in life or in movies to discuss with your child on a regular basis.
<http://www.pluggedin.com/FamilyRoom/MovieNights.aspx>

Do your homework...there is lots of help out there if you have questions!
Check out the resource list in this packet for parenting support.

*"Obviously, a "talk" about sex is not the goal. We want to help craft and maintain a lifestyle for our children leading them naturally into good choices that produce good consequences. More important than good behaviors, we hope to inspire our children to return God's love with a lifestyle that loves Him." -Rob Jackson***

11340 Century Circle East
Cincinnati, Ohio 45246
513.671.0422
www.vineyardstudentunion.com
CONTACT: kdooley@vineyardcincinnati.com

** Avoid using terms like "Family Date Night" or "Family Game Night". Time together doesn't need a brand, just lead your family in these types of activities. This way you may avoid the "Ah... mom, why do we ALWAYS have to do family game night!"*



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PARENTING RESOURCES

BOOKS ON TALKING WITH YOUR KIDS ABOUT SEXUALITY:

A Chicken's Guide to Talking Turkey with your Kids About Sex, Dr. Kevin Leman
How to Talk Confidently with your Child About Sex: For Parents, Leonore Buth

ADDITIONAL BOOKS ON TEEN SEXUALITY:

You're Teaching My Child What? Miriam Grossman
Hooked: New Science on How Casual Sex is Affecting Our Children, Joe McIlhaney
Sexy Girls: How Hot is Too Hot?, Hayley Dimarco
Every Young Man's Battle: Strategies for Victory, Stephen Arterburn

ARTICLES ON TALKING WITH YOUR KIDS ABOUT SEXUALITY:

http://www.focusonthefamily.com/parenting/sexuality/teaching_children_healthy_sexuality.aspx

GENERAL READING ON PARENTING:

Parenting with Love and Logic by Jim Fay
Loving Our Kids on Purpose by Danny Silk

***BE SURE TO CHECK WITH VCC GROWTH & HEALING FOR CURRENT CLASSES AND SUPPORT GROUPS ON ANYTHING FROM PARENTING TO MARRIAGE, DIVORCE, AND MENTAL HEALTH!**

***LOCAL COUNSELING RESOURCES LOCATED ON THE VINEYARD COMMUNITY CHURCH WEBSITE.**

www.vineyardcincinnati.com