

Children and Family

February 2020

As I sit here on a cold January afternoon, I wonder if there will be any snow days in February. I also wonder if parents will be looking forward to a snow day. Since kids have just returned to school, I think maybe by the time you are reading this, it will be time for a cozy, laid back day of snuggles, hot chocolate, and wearing pajamas all day....

So, I must've been feeling sassy thinking that people would have time to read by January 14 for Book Club! I have re-scheduled it for Monday, February 3, from 6:00 to 8:00 pm. The book is [Queen Bees & Wanna Bees](#) by Rosalind Wiseman. I've started this book, and let me tell you, there are some nuggets in there! I know this is geared toward parents of daughters but there is a companion book for parents of sons. I am happy to have that as a discussion if there is interest.



How is your 2020 calendar shaping up? What have you put on your family calendar? What is your first priority for your family? Is church on your calendar? I hope it is. If you have been unable to be at church, any time is a great time to start up again. If you are not receiving my weekly emails with the topic for Sunday, please let me know. I want to encourage and support you as you lead your family onto a path of Christ-centered discipleship.

I was able to hear Dr. Joshua Straub speak twice at ETC. During his break out session, he shared that the most effective parenting tip is PRAYER! I couldn't agree more. It is amazing what happens when we pray and pray with intent. Another effective tip is to understand the environment in which we are raising our children. Parents need to remember that children are created in God's image rather than being God's gift to the earth. Children are also born broken and sinful. Parents need to remember that their children are not only their children but also their brothers and sisters in Christ. And parents need to remember that the reason that human beings were created is to be in relationship with God and with one another. It is important to realize that our children's hearts are cultivated by entering into a relationship with them. A safe relationship is one that has love without fear. Dr. Straub referenced the Circle of Security www.circleofsecurityinternational.com/. This is important to remember in today's society where anxiety is so prevalent. Dr. Straub shared these points regarding speaking to your kids:

- When they're anxious
- In discipline
- About their interests
- In our mistakes
- In pure laughter and play

I hope that my recap of the sessions I attended have been helpful to your parenting. As always, please let me know how I can come alongside you on this journey. Please be sure to stay up to date with what is happening either through the app, website, and/or Facebook. All of the summer dates are available!

Tammy Palermo
Director of Children and Family Ministries
tpalermo@mentorunc.org