

MENTOR

Mentor United Methodist Church Children & Family Ministries Parent Newsletter

January 2015

“Children are a gift from the Lord; they are a reward from him.” ~Psalm 127:3

KNOW, GROW, SHOW at MENTOR UMC

A faith community seeking...to lead all on a Christ-centered path of discipleship.

KNOW through Sunday Worship at 9 am and 11 am

- **Sanctuary Service** *Rooted in Tradition, Growing in Christ*
- **iConnect** *relevant, relational, real*

GROW through Discipleship & Community

• **Sunday School**

- *Babies and Toddler/2 year olds will meet in the Adams' Parlor
- *3 year olds (as of September 1, 2014 and toilet trained) through 6th grade will meet in the Chapel after check-in

• **Family Worship**

- *FIRST Sunday of the month with K-6 graders remaining in worship with families; special KidMin bulletins available at check-in

• <http://mentorumc.org/sunday-school>

- **Generations** families are invited to Mentor Civic Arena for Ice Skating on Saturday, January 31 from 1:30-3:30 pm
- * mentorumc.org/generations

SHOW through Service and Outreach

- **Sunday school** sign up at mentorumc.org/Sunday-school
- **More Than a Meal**, free community dinner, on the last Saturday (January 31) of each month at 5:30; servants are need to assist with all aspects of this ministry; please contact Karen Martin at dansgirl9065@sbcglobal.net

This & That

STAY CONNECTED

- Want to **stay up to date** on what is happening with our KidMin & FamMin? Email Tammy at tpalermo@mentorumc.org

REGISTRATION FORM

- A current form needs to be completed for each child for 2014-15
- mentorumc.org/children

SUMMER DATES ANNOUNCED

- Vacation Bible School: June 22-26
- Get Out Doors Camp: June 22-26
- Theatre Arts Camp: July 20-24 AND 27-31
- mentorumc.org/summer-programs



Be You, Bravely: Courage to Relax



WHEN: Friday, January 9, 2015 from 9:30 am to noon

WHERE: Mentor UMC's Fellowship Hall

WHO: Moms with children of all ages; childcare provided, please RSVP at mentorumc.org/MOPS no later than January 6

WHAT: An opportunity to connect with other moms

WEBSITE: mentorumc.org/MOPS **BLOG:** numcmomstalk.wordpress.com/

EMAIL: mops@mentorumc.org



JUST FOR PARENTS



As parents, we are great at making sure our kids see their dentist every six months, get their immunizations, and have their eyes checked. We want to make sure we are doing our part to help with long-term health. It's just as important to have family check-ups as it is to have clean teeth. Use the following questions to guide your family check-up. Are there any areas that your family needs a "booster"?

Are you honoring your family night?

Are you playing games and reading together?

Are you memorizing scripture together?

Does each parent have one on one time with each child?

Do you hug, affirm, and say "I love you" every day?

Are you eating as many meals together as you'd like?

Have you checked in with your child's teacher recently?

Are the extra-curricular activities helping or hurting your family?

New Years Goals aren't just for Mom & Dad

January is the time when everyone senses the need for new goals. It's important that our kids learn to set goals as well. Here are a few ideas to guide your children in the goal setting adventure.

- 1) Help your child set one short-term goal that can be completed in a week with a long-term reason. Example: exercise 20 minutes each day so that I can become healthier and reduce stress.
- 2) Write down and post each step. Example: jog for 15 minutes, 20 push-ups, and stretches.
- 3) Mark progress. Use a printed calendar to check off each day that the goal was completed.
- 4) Evaluate. After one week look at progress and talk about how to improve for the following week. It's okay to miss a day of exercise. We need to teach our kids that life happens sometimes. It's important to set new goals each week even if we weren't perfect the week prior.
- 5) Add more. As your kids develop great goal setting habits, they can begin adding more weekly goals.
- 6) Bonus. It's always nice to get a reward for a completed goal.



Paddington bear is set to release January 16th, 2015. Family movie time?

After a fatal earthquake destroys his home in the rainforests of Peru, a young bear makes his way to London in search of a new home.