

theParentLinkSM

Children's Edition



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TORONTO CHINESE COMMUNITY CHURCH
Children Ministry

Parenting Tips to Digest...

Relationships never just happen. Whether they are in the workplace, at church, or even at the little league field, they take time and energy. Society has driven the family to live at such a fast-paced level that there is often not much time or energy left for the family to share with one another. Many parents fall into the trap of Left-Over Parenting. The kids get whatever time, emotions, and energy is left over at the end of the day. And just like that week old roast in the refrigerator, it's never as filling, it's definitely not desirable, and many times resentment builds up in the kids because someone else got the first servings.

Rather than offering the kids left over parenting, try these fresh, new approaches this summer:

Buffet Parenting – Buffet dining offers a choice for individuals to eat what they want. Since each child is uniquely designed, it's healthy to occasionally offer them a choice on what activity they would prefer. Approach the topic by saying, "I would love to do something fun with you tonight. Would you rather go for a bike ride or play your new video game?"



Snack Parenting – Most people snack out of habit rather than hunger. Develop routines within the life of the family that create the habit of connecting with one another. For example the ritual of getting ready for bed is a great opportunity to emotionally engage with your child before saying goodnight.

Dessert Parenting – For many families desserts are usually saved for those special occasions. Be sure to intentionally plan experiences that have an element of anticipation and even surprise. Just like a good dessert, these special events will create a desire for even more.

Sandwich Parenting – Serving sandwiches for a meal is never about style, extravagance, or entertainment. Sandwiches for dinner are about substance and simplicity. Kids long for quality time as much as quantity time. Look for opportunities to simply hang out with the kids and let life come to you.

PowerSource



Ask God:

1. To help you prioritize the relationships in your life in such a way that is pleasing to Him.
2. To give you patience and energy to parent your kids the way He wants.
3. To help your children learn the importance of time management.
4. To instill a desire in your kids to want to spend time with Him.
5. To help you choose to make family time a priority.

Healthy Parenting...

One of the best times of the day to spend with your kids is in preparation for dinner and at the dinner table.

- Start the pattern of family dinners when your children are young.
- Encourage your kids to create menu ideas and participate in meal prep.
- Turn off the TV, games, iPods, and all phones while you're eating.
- Talk about what happened in everyone's day: school, work, activities, or current events.
- Keep the "table talk" positive, respectful, and loving -- and make sure everyone gets a chance to speak.
- Eat dessert or play a board game after dinner to continue the conversation and time spent together.

OpenTheBook

*"Bring the best of the firstfruits of your soil to the house of the LORD your God."
- Exodus 23:19 (NIV)*

Teachable Moments:

God expects us to give our best in every situation, especially in our relationship with Him. God also expects us to give our best with our family, job, school work, and our friendships. Then why, at times, do we give those closest to us our leftovers? Here is an idea to help encourage your family to give their best to each other.

1. Make a delicious dinner or go out for dinner as a family. You might want to even get dressed up. Really build up this dinner as a special time.
2. For dinner the next day (meal #2) make hot dogs or sandwiches with water.
3. For dinner on the third night, serve leftovers from meal #2.
4. After the nasty leftover meal, ask the following questions:
 - * This week, what was your favorite dinner? Why?
 - * Why didn't you like the last two meals?
 - * How does it make you feel when you get the "leftovers" from a family member?
 - * What has this taught you about giving your best?
 - * Why don't you give your best all the time?



"Fix these words of mine in your hearts and minds... Teach them to your children, talking about them when you sit at home and when you walk **Along the Road when you lie down and when you get up."**

Deuteronomy 11:18-19

Summer is in full swing. Are your kids still enjoying being home or are they hitting summer boredom? Talk to your kids using these questions:

1. What is your most favorite thing to do in the summer? Why?
2. What do you most enjoy doing with Mom and/or Dad while you are home on summer break? Why?
3. When do you usually find yourself getting the most bored? Why do you think that happens?
4. How important do you think it is to spend time with God? How much time do you spend with Him?

Healthy Habits: Staying Safe in the Sun



"It is now well known that exposure to sun puts people at risk for **skin cancer** and premature aging and that most of that exposure comes during childhood (80% of a person's lifetime sun exposure occurs before they are 21). Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%."

Keepkidshealthy.com gives these great tips on sun safety this summer:

- Wear **protective clothing**. Keep in mind that most clothing only has a SPF of 5-9, so you can still get sun damage with a shirt on.
- **Limit exposure** to the sun when it is at its strongest (10 am-4 pm). Protect your child's eyes with **sunglasses** that protect against UVA and UVB radiation.
- Use **sunscreen** daily, even if it is cloudy, since most of the sun's radiation penetrates clouds and can still cause sunburn. Consider using a sunscreen with ingredients (such as zinc oxide or titanium dioxide) that physically block the sun's radiation if your child has sensitive skin.
- Deet lowers the effectiveness of sunscreens, so use a higher SPF if you are using a combination product that has both a sunscreen and an insect repellent.



As your child is getting settled into the routine of summer, make sure that you know how the media is targeting them. Be informed so that you can make the right choice for your child.

What's Playing at the Movies...

Movie: "Harry Potter and the Order of the Phoenix"

Genre: Science fiction/fantasy

Network: Warner Brothers

Release Date: July 12, 2007

Cast: Daniel Radcliffe, Rupert Grint, Emma Watson, Robbie Coltrane, Ralph Fiennes

Warnings: Rated **PG-13** for sequences of fantasy violence and frightening images.



What's Showing on TV...

Show: Storm Hawks

Cast: Chiara Zanni, Sam Vincent, Scott McNeil

Network: Cartoon Network

Genre: Action/adventure, children's, animated

Warnings: Contains mild peril (falling from heights, etc.), characters flattened by doors, and hand-to-hand combat. No one is killed, but characters are knocked out. Of the five main characters only one is a girl. However, the female characters hold their own in both strategy and strength.

Show: Creature Comforts

Cast: Animation

Network: CBS

Genre: Comedy

Warnings: Occasional use of three and four letter foul words. Contains "potty humor" and dialogue including jokes at other's expense. Characters mention sexual topics (i.e. "fooling around", sexual orientation, and others).

(commonsensemedia.org)

What Games are out Now...

Title	Rating	Content	Age	Platform
Shrek the Third	E	Cartoon violence, and crude humor	10+	Game Boy Advance, Wii, PS2, XBOX 360, PSP
Meet the Robinsons	E	Contains some fighting of enemies	8+	Game Boy Advance, Nintendo DS, GameCube, Wii, PS2, Windows, XBOX 360
Trauma Center: Second Opinion	T	Blood, mild language, mild violence, and some flirting	12+	Nintendo Wii

Fire Cracker Favors

Encourage your kid's creativity this summer while you prepare for any upcoming July 4th festivities. Try making these fire cracker favors filled with goodies.

You Need:

- Empty Toilet Paper Tubes
- Red, White, and Blue Vinyl Tape
- Red Tissue Paper
- Tape
- Silver Pipe Cleaner
- Foamie Stars
- Scissors
- Small Goodies

Instructions:

- 1) Cut a 2 1/2" circle out of tissue paper. Place it over the end of an empty toilet paper tube and scotch tape in place.
- 2) Wrap that end with a piece of red vinyl tape to make the first row. Follow with additional rows of white and red.
- 3) Fill with goodies and completely cover the end with blue tape.
- 4) Finish by wrapping the rest of the tube with blue tape.
- 5) Glue on white stars.

Cut three 2" pieces of silver pipe cleaners and poke the ends into the top. Glue a star on each end. Leave these on tables for decorations or use them as party favors and let your guests take them when they leave. Goodies can be removed by poking through the tissue without destroying the rest of the fire cracker.
(makingfriends.com)

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