



AUGUST 2007



The Rhythm of Rest

It's the midpoint of summer. The kids are enjoying late night TV, sleeping until noon, wondering what their afternoon entertainment will be, and forgetting how to spell the word "chores", much less do them. It's also that time in summer where parents begin counting the days until school starts.

The midpoint of summer is when the tensions begin to mount in many households. Parents desire some kind of structure while kids are dreading the first school bell that signals the end of their freedom. Before getting too uptight and fighting with the kids for the next month and a half, take a deep breath and remember it's all about rhythm. It's the melody of life that will carry the family through the end of summer.

RHYTHM – God designed life to have rhythm.



Scripture states that God worked for six days and then rested on the seventh. He then went on to implement the same work and rest cycle for humanity.

For kids the summer months create a rhythm in their own lives. For nine months they labor through an intense, structured learning schedule (at least in their eyes!) and then for three months they get to do nothing. To them summer is not a privilege, it's their right. It's their rhythm. Parents often view a summer of doing nothing as being lazy and irresponsible. They are afraid their child will quickly deteriorate into a miniature adult who has no purpose in life. Quite the opposite is true.

God's design of a life with rhythm allows for recharging. There is rhythm in all areas of life. God provided rhythm and purpose for our lives. This rhythm allows a student to enjoy a break before advancing to the next level of learning.

Don't stress over free time. Relax and enjoy the final summer months as you live in rhythm with your kids!

PowerSource



Ask God:

1. To show you how to relax and take time out to enjoy the ones you love.
2. To help you find a healthy balance in your own life between work and rest.
3. To help you model that healthy balance to your children.
4. To help you make purposeful time to spend with your kids and to put all the other pressures of life to the side as you spend time with them.
5. Teach you the importance of rest and taking a break or vacation from your everyday hectic life.

Healthy Parenting

Living in rhythm does not mean a life without rules or responsibilities. Try the following approaches to help provide freedom for your kids while continuing to keep structure for the family.

1. Designate a couple of nights a week as "later than normal" bedtimes. Older kids can even be given the new responsibility of putting themselves to bed.
2. Once summer chores are assigned, allow the kids to decide on the schedule of completing the chores.
3. Create a "lazy" day into each week, forgoing making beds and other household tasks that can wait until tomorrow.
4. Prioritize the family's day of worship.

Rhythm without God will lead to chaos!

OpenTheBook

"Come to me, all you who are weary and burdened, and I will give you rest.

Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Teachable Moments:

These are important words straight from Jesus! He tells us to learn from him and find rest for our souls. What important words to teach our children.

Find three objects of differing weight or ease of handling. For example, an apple, an empty laundry basket, and something noticeably heavier like a two liter bottle of drink.

1. Set up a small obstacle course either inside or out.
2. Allow your child to carry each object separately through the obstacle course starting with the easiest or the lightest.
3. Time them as they complete the course.
4. Let them repeat the course carrying each object and record their times.
5. Afterwards, talk to them about how it felt to have to carry each item. Ask them which item was easiest, which was harder and why?
6. Read the verse above to them and explain its meaning.
7. Remind them that life will always get busy and hectic, and show them the importance and need for resting and giving God the "heavy" things in life.



"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

Is your child starting to get bored this summer or do you think they are enjoying the down time? You may be surprised by some of their responses to these fun questions.

1. What are your most favorite things about summer and why? What are your least favorite things about summer and why?
2. If money were no object, what would you choose to do this summer? Why?
3. Do you think God works all of the time? Can you think of any examples in the Bible of times that God rested?

Healthy Habits: Water Safety

Spending lots of time swimming can sometimes leave children and parents with a false sense of security around the water. Here **are just a few reminders** from The American Red Cross and The American Academy of Pediatrics on water safety:

- Teach your child to swim when they are ready. Numerous organizations offer swimming lessons for children of all ages.
- Never let your child swim in a body of water without an adult watching. Be sure to have them observe all posted rules. NEVER allow a child to swim alone.
- Set water safety rules for the whole family based on swimming ability. For example, inexperienced swimmers should stay in water lower than chest deep.
- Children or inexperienced swimmers should wear a U.S. Coast Guard-approved personal flotation device (PFD) when in or around the water.
- Watch out for the dangerous "too's" – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Never allow diving into water in an area not designated for diving.
- Always have adult supervision when children are playing in or around water, including wells, drainage ditches or any area of standing water.
- Childproof your swimming pool with a fence around your backyard and a fence (at least 4 feet high) around the pool, with a self-closing, self-latching gate.





Not all "family" movies are intended for children. Know what's playing and be ready with your answer when the kids ask to see these movies.

What's Playing at the Movies...

Movie: "Underdog"

Genre: Action/adventure, comedy, family

Network: Walt Disney Pictures

Release Date: August 3, 2007

Cast: Jim Belushi, Peter Dinklage, Taylor Momsen, Patrick Warburton, Jason Lee

Warnings: Rated **PG** for rude humor, mild language, and action.



Movie: "The Simpson's Movie"

Genre: Comedy

Network: 20th Century Fox

Release Date: July 27, 2007

Cast: Dan Castellaneta, Julie Kavner, Nancy Cartwright, Yeardley Smith, Hank Azaria

Warnings: Rated **PG-13** for irreverent humor throughout.

What's out on CD...

Album: "Hannah Montana 2: Meet Miley Cyrus"

Artist: Miley Cyrus **Label:** Disney **Genre:** Pop

Warnings: Contains two CD's: One features songs from the TV show "Hannah Montana"; the other introduces original songs by Miley Cyrus. Both provide access to all song lyrics when inserted into the computer as well as photos of Miley and Hannah. CD's are full of "positive girl-powered messages for 'tween girls."

(commonsensemedia.org)

What Games are out Now...

Title	Content (Rating)	Age	Platform
Nancy Drew: The White Wolf of Icicle Creek	Mild violence, scary situations, and bomb explosions (E)	9+	Windows
Harry Potter and the Order of the Phoenix	Fantasy violence, casting spells (witchcraft), and one character gets killed (E)	10+	Game Boy Advance, Nintendo DS, Wii, PS2, PS3, PSP, Windows, XBOX 360
Spider-Man 3	Animated blood, coarse language, violence, and use of weapons (T)	11+	Nintendo DS, Wii, PS2, PS3, PSP, Windows, Xbox 360



Try this activity and enjoy some family fun!

- Gather your kids all together and give them a piece of paper or something harder such as poster board.
- Have them come up with a special place to go. It could be a favorite restaurant, the park, a movie, etc.
- Once they agree on something, have them write it down or draw it out.
- Now have them cut whatever they wrote the special place on into about six parts.
- Take each piece and hide it in specific places.
- Make out a list or have one made prior to starting the activity of where each item can be found.
- Next, send your kids on a good old fashioned scavenger hunt.
- Once they find all the pieces, have them put them back together.
- For their reward, take them wherever they wrote down or drew on their paper.

Enjoy some family fun time!

August 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	