



the Parent LINK

Children's Ministry Edition



August 2012

Woodland Baptist Church
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POWERSOURCE

ASK GOD:

1. To help your children learn positive coping skills for life's challenges.
2. To strengthen your children's trust in God and his goodness.
3. To ease your own fears and anxieties.

Help Ease Kids' Fears, Anxieties

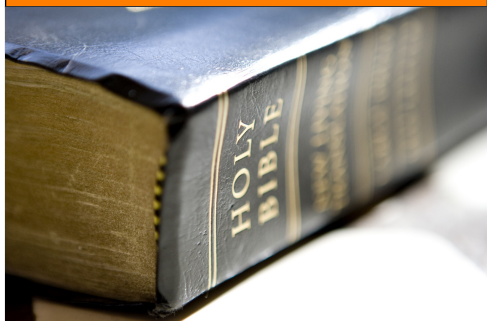
Childhood and *carefree* are no longer synonymous. Many kids carry heavy burdens—and also pick up on their parents' stressors. Author Wesley Fleming offers these six steps to help kids overcome fear with faith:

1. Cultivate a healthy capacity to trust. Show respect for children's feelings and provide a safe environment for honesty.
2. Help kids identify their feelings. Just naming an emotion can bring relief.
3. Identify underlying reasons for fear. Provide understanding about who kids are—and who God is. Take bad thoughts captive (2 Corinthians 10:5).
4. Guide kids' plans to handle fear. Involve them to boost confidence.
5. Model trust in God. Offer examples of how you cope with anxiety.
6. Control the info flow. Limit exposure to frightening media and images.

INSIGHTS

- One in five children say they worry a lot about problems in their lives, but only 8% of parents say their kids are experiencing lots of stress.
- One-third of children say that during the past month, they've had a stress-related health symptom (headache, stomachache, trouble sleeping, etc.).
- 91% of kids say they know their parents are stressed because they yell, argue, complain, and never have enough time to spend with them.

(*apa.org*)



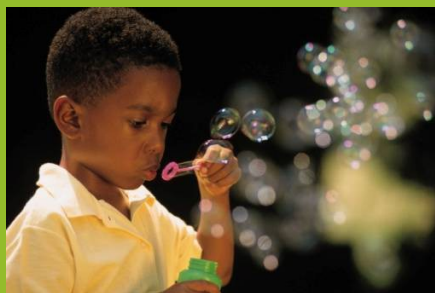
“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”
(Matthew 6:34)

“Give all your worries and cares to God, for he cares about you.”
(1 Peter 5:7)

TEACHABLE MOMENTS

1. Hallelujah and Help Me—Foster conversations about adjustments to a new school year. At bedtime, have kids share a joy or accomplishment (a “hallelujah”); then thank God for it together. Next have kids share a challenge (a “help me”); pray about that together. Write each “help me” in a notebook and track how God responds.

2. Stress Release—Blow bubbles together outside and discuss how we can give all our worries to God (1 Peter 5:7). Talk about how blowing bubbles is like releasing our problems up to God—and what that feels like.



3. No Lion!—Talk to children about their fears. Then read about Daniel and the Lions’ Den in a children’s Bible or Bible storybook. Share how Daniel prayed to God when he was afraid and how God protected him from the lions. To the tune of “If You’re Happy and You Know It,” sing “If you’re scared and you know it, pray for help....”

Use these discussion-starter questions to explore children’s fears and anxieties—and how God can help.

1. What things are you scared of or worried about, and why? How does your body feel when you’re dealing with those things?
2. Why does God tell us to give all our worries to him? What do you think God will do with those worries?
3. How can we remember that God is always with us?

FAMILY EXPERIENCE

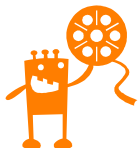
Use these ideas from *Group’s Hands-On Bible* to remind family members that Jesus is bigger than our fears.

• **Complete Control—**Read aloud Matthew 8:23-27, when Jesus and his disciples faced a storm. Then make reminders that Jesus is always in control. Give family members each a plastic lid and have them draw a large cross on it with fine-tipped markers. Decorate the crosses everywhere but in the center. Next, add food coloring to a little water. Use an eye dropper to put a drop of colored water in the center of each cross. With clear packing tape, cover each cross and water drop, pressing around (but not on top of) the droplet. Trim around the crosses. Poke a hole in the top of each cross and add yarn to make necklaces.



Say: “The drop of water reminds us that Jesus was in control in the center of the storm. Remember that he’s in control of your life, too!”

• **No Pressure—**Hand out paper and pencils. Have family members list all the things that are worrying them now, plus all the things that worried them last week or last month. Say: “Now go through and see which worries you can solve on your own.” After allowing time for responses, read aloud 1 Peter 5:7. Say: “Most things we worry about are out of our control, so it makes perfect sense to give them to God.” Distribute lumps of clay and have family members each form a person shape. Say: “For every worry on your list, press down on your clay person’s head a bit.” After all the clay people are flat, say: “Don’t let that happen to you! Give your worries to God.” Close in prayer, taking turns giving God your worries.



MEDIA MADNESS



MOVIES

Title: *The Odd Life of Timothy Green*

Genre: Fantasy, Drama

Rating: PG (for mild thematic elements and brief language)

Cast: Jennifer Garner, Joel Edgerton

Synopsis: After an infertile couple buries their wishes in the backyard, a special 10-year-old boy shows up on their doorstep.

Our Take: This film should spark discussions about family life, as well as dreams and goals.



MUSIC

Artist: Tenth Avenue North

Album: *The Struggle*

Artist Info: This contemporary Christian band from Florida takes their name from a Palm Beach County road. The 2008 single "By Your Side" topped Christian charts.

Summary: On their third studio album, the band acknowledges life's struggles. But, as in the single "Losing," they also sing about forgiveness and grace.

Our Take: Fans of Casting Crowns will enjoy these meaningful melodies.

CULTURE & TRENDS

- Facebook is considering lifting age restrictions for its site, which is currently for kids 13 and up. According to *Consumer Reports*, 7.5 million children under the age of 13 already use Facebook by falsifying their age—often with parental approval or help.
- Hand sanitizer isn't just for germs anymore. Now some kids are guzzling the gooey stuff in an effort to get drunk. Recently, 16 California teenagers were treated for alcohol poisoning after consuming hand sanitizer.

QUICK STATS

- Categories of toy sales are topped by playthings for infants and toddlers, with \$3.2 billion in annual sales. (*The NPD Group*)
- Despite the stalled economy, 51% of churches said their donations were up last year. Only 32% of churches said donations were down. (stateoftheplate.info)



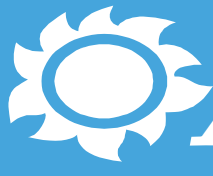
- According to various sources, more preteen girls are now into video games—especially games involving social networks.

GAMES, SITES & APPS

<i>Tomba!</i>	In this classic platform game, now available for PlayStation download, players help a jungle boy retrieve his lucky bracelet from mean pigs.	E; PlayStation
<i>MyKazoo TV</i>	On this free, child-safe website, kids can access fun, age-appropriate tunes and videos. They can also sort material by artist, new content, and favorites.	Best for ages 3 to 8; www.MyKazooTV.com
<i>Ski on Neon</i>	This simple, popular new app is being called the new <i>Angry Birds</i> . Players try to launch a skier over jumps and finish courses within a set time.	A 99-cent version contains 30 more levels than the free version; www.itunes.com

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, listen to, and wear.





August



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Kid's Summer Music 6:30pm-7:15pm	2	3	4
5 Children's Church 11:00am	6	7	8 Kid's Summer Music 6:30pm-7:15pm	9	10	11
12 Children's Church 11:00am	13	14	15 Kid's Summer Music 6:30pm-7:15pm	16	17	18
19 Children's Church 11:00am	20	21	22 Kid's Summer Music 6:30pm-7:15pm	23	24	25
26 Children's Church 11:00am	27	28	29 Kid's Summer Music 6:30pm-7:15pm	30	31	