

# PARENT UPDATE

coming alongside your family

RushChurch

## Summer is almost Here

*Ben Moore*

As the school year winds down. Make sure that you stay connected this summer by signing up for text alerts for activities that kids of all ages will be involved in this summer. Those details can be found on the website [www.rushchurch.com](http://www.rushchurch.com) or by joining the RushChurch Student Ministries GROUP on Facebook. Or just be asking me anytime you see me. Have a great summer!



## UPCOMING EVENTS

### Jr/Sr Hi Bonfire

*On 5/31/15 at 6:00PM to 5/4/15 at 9:00PM*

For all students in 7th-12th grade! Food, some games and hanging out with friends at Matt and Melissa Straker's house. For directions contact Ben. This is our last gathering before summer.

### Jr Hi (7-9 grade) Camp

*On 06/07/15 at 5:00PM to 06/12/15 at 2:00PM*

For more info check out [www.westernbuckeyecamp.org](http://www.westernbuckeyecamp.org)

### Junior (4-6 grade) Camp

*On 06/14/15 at 5:00PM to 06/19/15 at 2:00PM*

For more info check out [www.westernbuckeyecamp.org](http://www.westernbuckeyecamp.org)

# Five Tips for Having a Great “Date Night” With Your Kids

*By Jim Burns*

Many parents look for the latest parenting fad to help their kids grow into mature adults. Yet one key component for building kids' lives is right in front of them: investing time, energy, and a commitment to “be there” for their kids. A regular, one-on-one 'date night' with each of your teenagers is a great place to begin intentionally investing in the overall health and growth of your child. Here are five tips for having a great 'date night' with your kids.

- 1) Choose to do something your kids want to do. Sometimes, when parents want to do something together with their kids, they'll select an activity that they have interest in, but their kids do not. If you really want to create a positive “date night” culture where your kids want to hang out with you, try doing things that the kids are interested in. And remember, “date nights” don't have to be complicated! They can be as simple as taking your child out to get an ice cream cone or throwing a Frisbee around in the yard.
- 2) Communicate. Be sure to engage your son or daughter in conversation during your “date night.” Don't start by talking about your “list” of concerns you have about your child. Instead, talk about anything and everything. Ask your kids about their interests, opinions, and feelings.
- 3) Listen. Don't dominate “date night” conversation. Communication is a two way street, so be sure to work at listening. Listening is the language of love. Through listening, you demonstrate that you value your kids. When you take the time to really pay attention, show empathy, and listen—you are taking a key step in connecting with your kids. When kids know that their parents will really listen (instead of immediately "correcting") they will be more willing to talk.
- 4) Display affection. Even though teenagers are in the process of becoming adults and separating from their parents, they still need your affection. In fact, sexual promiscuity in teenage girls can often be traced back to a desire for (and lack of) affection from their fathers. Dads, be sure to offer your kids genuine affection through loving words, affirmation, encouragement, small gifts, and appropriate touch.
- 5) Never embarrass your kids in front of their peers. A “date night” activity might take you onto your son or daughter's "territory" – to a place where they may run into some of their peers. Gentle teasing is one thing, but embarrassing your kids in front of their peers can destroy all of the connection you are working to build with your teen. Show respect to your kids and they'll be more willing to hang out with you—and your “date nights” will be much more enjoyable as well.

# Parents Who Overvalue Kids Foster Narcissism

*By HomeWord.com*

But the results of parental overvaluation were linked with children scoring higher on narcissism tests than parents who did not overvalue their children, and no link was discovered to better self-esteem.

“Children believe it when their parents tell them that they are more special than others. That may not be good for them or for society,” said lead study author, Dr. Eddie Brummelman of OSU.

By contrast, the research showed that children whose parents who did not overvalue them, but demonstrated more emotional warmth toward them, were associated with higher self-esteem, but not with increased levels of narcissism.

Now What?

- Understand that parents who overvalue their kids can actually cause long-term damage to them by planting the seed in the child’s mind that the world revolves around “me.” Unchecked narcissism is not an endearing trait in anyone!
- Kids who grow into emotionally healthy adults have parents who are appropriately involved in their lives. Believe in them but don’t foster an unrealistic view of who your kids are, and are becoming. Teenagers have built-in sincerity “radar,” and they instinctively know when parents are offering praise that is out of step with reality.
- Parents should give kids unlimited amounts of A.W.E.: Affection, Warmth, and Encouragement. When you offer these priceless gifts, your children will thrive and gain healthy self-esteem!
- Encourage your kids to develop their gifts, skills, and strengths. Help them to recognize and minimize their weaknesses. But remember that not every kid is going to be the next American Idol, an academic genius, or a professional athlete. Provide lots of emotional support, and help them grow into the person that God has uniquely created.

# How to Teach Your Kids Almost Everything

*By Jim Burns*

Have you ever experienced the frustration of seeing your kid not doing a task correctly (the way we want them to!)? Most often, our kids don't learn how to do something "right" because we—their parents—don't take the time to teach them how.

Here's a proven four-step plan for teaching kids to do almost everything:

**Step 1: I do it and you watch.** This is the time not only to demonstrate the task but also communicate. Talk through the task as you perform it. For instance, if you really want that next pass of the lawnmower to start three inches inside the last cut, make sure you say so. Answer questions and provide clarification.

**Step 2: I do it, then you do it.** This is a time of more demonstration, followed by supervised performance of the task by your child. Be supportive and patient. Provide gentle and loving guidance where necessary. Expect that it will take your kid time to learn correct methods and to meet your expectations. Don't forget that it probably took you years of practice to develop that "best" way. Be sure to affirm your child for their improving skills—and their efforts—even if the results are less than what you desire.

**Step 3: You do it, and I support and supervise.** At this point of the process, take a few steps back and let your child perform the task. Engage your child from time to time to see how the task is progressing. They may still need your support, encouragement, and more instruction to perfect their skills. This is still a time to keep calm. Be sure to keep affirming genuine effort. Be aware that this stage, depending on the skills involved or the responsibilities required, may take the longest period of time to progress through.

**Step 4: It's all yours kiddo!** When you've seen that your child can perform the task to your expectations, you can remove yourself from the task altogether. This doesn't mean that there will never be an occasion for you to check back in with your child. From time to time, kids will be kids and the task may not be performed as expected. Yet, for the most part, if you've used this teaching process with your child, you shouldn't have to provide much supervision. You might even start planning the next task to teach your son or daughter. It is critical—even at this stage—that you continue to affirm and encourage your children on their performance of these family tasks. They, just like you and I, need to know we are appreciated!

# Mentoring Your Kids

*By Jim Burns*

Parents are mentors to their kids. Studies tell us that for good or bad, you are their most influential person in the most important stages of their life. From the day our kids are born, we become mentors, involved in the process of leaving a legacy to a new generation.

To better understand what it means to mentor our kids, let's look at four biblical examples of mentoring:

1. **Jesus and His Disciples: Being Real.** Jesus spent time “doing life” with His disciples. Like your family, they lived out their daily lives together. They observed how Jesus carried out His day. They watched Him and they knew His habits. Of course, Jesus was perfect and we are not. The thing is, kids would have a very difficult time relating to parents who were perfect, so just being real is one of the great ways of mentoring.

Your kids need to see your everyday life, your faith, even times when you are vulnerable. I heard a missionary tell an audience once, “You are the only Jesus somebody knows.” You are the only Jesus your child knows.

2. **Eli and Samuel: Instruction in Hearing the Word of God.** You probably remember the story: Eli was young Samuel's teacher. While Eli was asleep, God spoke to Samuel. Samuel didn't recognize the voice of God, so three times he interrupted Eli's sleep. Finally, Eli figured out God was speaking to Samuel and Eli taught Samuel how to respond to the word of God.

The most effective way to mentor our kids in hearing the word of God is for our children to see us reading and listening to His Word. Through this we teach them, and another generation is able to hear and respond to God.

3. **Moses and Joshua: Passing on Wisdom.** Moses was very intentional about passing on his wisdom and preparing Joshua for the Promised Land. You, too, are in a relationship where it is your job to pass on wisdom to your kids at appropriate times in their lives.

When our kids were growing up, Cathy and I discovered that it was best to find a teachable moment in the everyday happenings of life to engage in meaningful conversations with them. You have wisdom to pass along. Find ways to creatively share it with your kids so it doesn't feel like school or a lecture.

4. **Paul and Timothy: Sharing Life.** Paul called Timothy his son and treated him as such even though Timothy had other parents. As they lived, worked, and traveled together, Paul mentored Timothy. It is in the daily sharing of life that your habits, character, and lifestyle will bless your kids.

# Hopeful Moms

*By Jim Burns*

No person, from a Christ-follower to a staunch atheist, is exempt from the challenges and struggles that come along with the journey through this life. Still, I think one of the biggest differences between the Christ-followers and those who are not – is that the Christ-follower has access to an incredible source of hope. This type of hope is powerful. It makes a difference. It is a key component of the Christian life. The Christian's hope is more than just a fanciful wish. It's the assurance that God will keep his promises to us. We read in Hebrews 10:23, "Let us hold unswervingly to the hope we profess, for he who promised is faithful."

If you are a mother, there have likely been days when you've struggled with hope. Perhaps your kids have been misbehaving, or you aren't feeling the kind of support from your family that you need in order to thrive. You might be concerned about what kind of adult your child will grow into. Maybe you just can't see beyond this "season" in life. If any of these scenarios ring true, let me share some special words of encouragement. If you can raise your head above the waterline of anxiety and look to the Lord as your source of strength and hope, I believe you will find relief for your soul.

The hope you have makes a big difference on your children. You can give your kids a tremendous gift by sharing hope with them. Passing along hope is a wonderful legacy. It begins, of course, by modeling the Christian life openly before your children. You plant these seeds of hope in their lives as you respond with hope even in the midst of life's most difficult challenges. When you live life with hope, you teach your kids that God holds your (and their) future safely in His hands.

Let me leave you with some practical characteristics of moms who exhibit the power of hope:

- Hopeful moms are optimistic. They look for the best in situations and in their kids instead of picking out the worst.
- Hopeful moms focus on the future not on the past. They look forward to opening new doors when other doors have closed.
- Hopeful moms view problems as opportunities.
- Hopeful moms have a real view of circumstances but refuse to resort to cynicism.
- Hopeful moms understand that God still cares for them and their families in the midst of difficult situations.