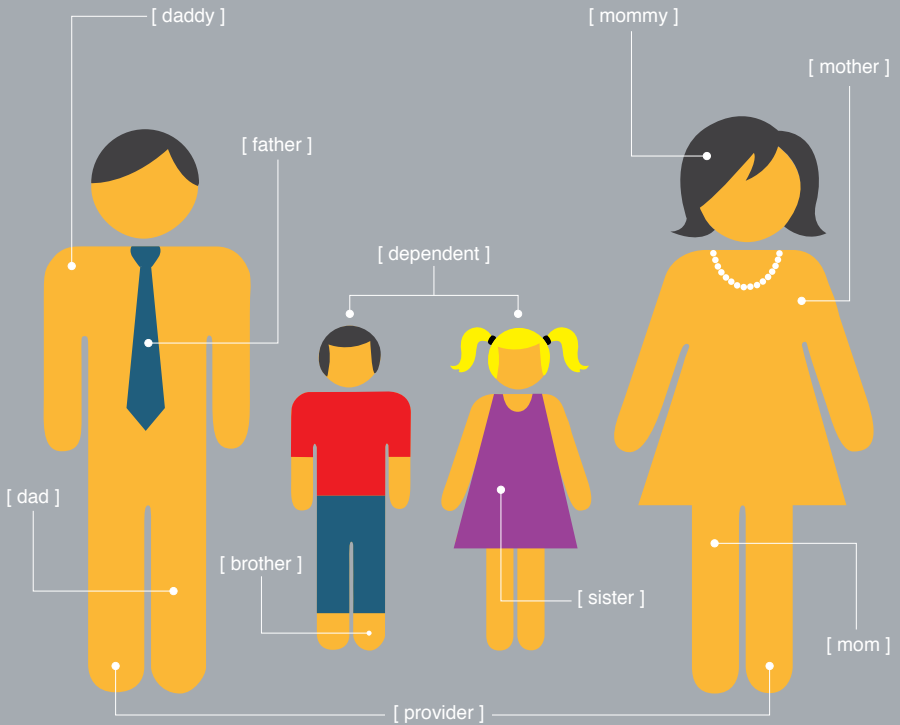


the parenting owner's manual

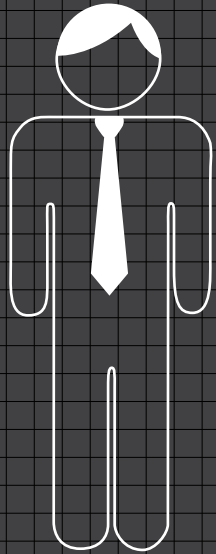
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JOB DESCRIPTION, OPERATING GUIDELINES,
AND ADVICE ON LIFETIME MAINTENANCE

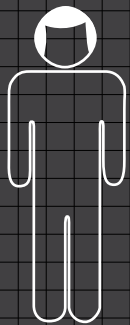
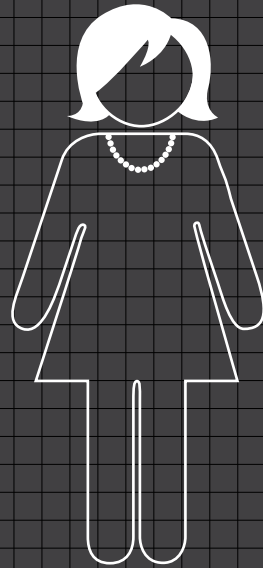
by Rev. Paul Rasmussen and The Cornerstone Team



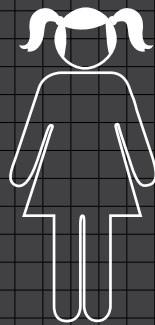
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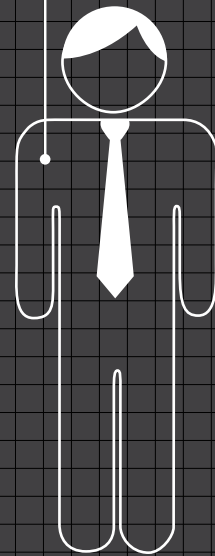
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Job Description

Responsible, patient, self-motivated individuals needed for challenging but rewarding permanent position. Must be willing to work in a chaotic environment, long hours required. Includes evenings, weekends, frequent 24 hour shifts, and some overnight travel. Travel expenses not reimbursed. Must have excellent communication, multitasking, and time management skills. No experience required, however product assembly experience a plus. Other duties as assigned, such as janitorial.

[Chapter 1]
EVENTS&CLASSES



Events

FILM SCREENING:

Race to Nowhere: The Dark Side of America's Achievement Culture

Are we pushing our kids too far, too fast, at the expense of their childhood? Where will these children find their value as adults? Are we leaving enough room in their schedules for them to become who God created them to be? This film will take an in depth look at the pressure our children are under in our current education system and achievement culture.

- Join us in **Wesley Hall on Sunday, September 25th at 6:00 pm** to screen the film and engage in dialogue with other parents. A panel discussion will be led by Rev. Paul Rasmussen, Dr. Brad Schwall, and Gregg Medlyn, LPC, LMFT.



**Illustration from Safe Baby Handling Tips, by David and Kelly Sopp*

Classes

Dads Are Not Assistant Mothers: Fathers Parenting Children 6th-12th Grades

In a young family's life, Dad sometimes feels relegated to provider/lawn mower/Saturday morning coach. Mom's relationship seems to anchor the family, but with the onset of kids' adolescence, all sorts of issues call for re-balancing. Dad's voice, values and presence are needed in significant ways. This class is designed to bring Dads up to speed and then some, so that they can step alongside their teenagers. Consideration of adolescent development, gender and cultural issues will highlight unique roles Dads have with their teenagers.

- **Fridays, September 30 - October 21**
- **7:00-8:30 am / Room 120**
- **Register by Monday, September 26**
- **Led by Kathleen Fischer**

Love & Logic Parenting Series: Early Childhood Parenting

It's never too early to use Love and Logic. It even works with the teeny tiny ones! Turn the terrible 2's into terrific 2's with these easy to use steps. Great solutions to, "I waaant it!", "You can't make me" and a favorite, the grocery store "gimmies." Hear how parents successfully model the behaviors they want to see. Build your child's self-esteem early in life. Get direct talk on potty training. Love and Logic offers, you, the parent, an alternative way to communicate with your children. Using the techniques provided you will experience immediate results.

- **Tuesdays, October 4 - November 1**
- **6:30-8:00 pm / Room 210**
- **Fee: \$25 per couple**
- **Register by Thurs., September 29**
- **Led by Mary Hope Burns**

Making Sense of Sex: Understanding and Guiding Teens

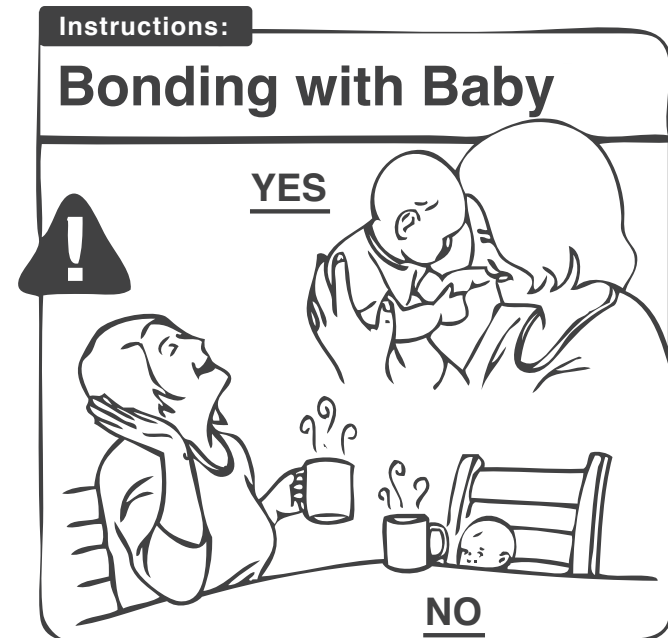
Cultural currents swirling around dating, sex and sexuality have never been so strong or so confusing. Health concerns, morals, and the media throw our teens and young adults off balance. Parents, wanting to be helpful, find the changing situation disturbing and unpredictable. This four session series will help sort the scene considering: what is “normal” at various stage; how to view cultural pressures; what new information impacts intimate relationships; and how to speak with our teens about dating and sex in ways which are helpful. The core value presented in the class will be that parents are exactly the right people to help their kids sort out and live these difficult times.

- **BRING YOUR LUNCH**
- **Tuesdays, October 18 - November 8**
- **11:45 am-1:15 pm**
- **Room 120**
- **Register by Thursday, October 13**
- **Led by Kathleen Fischer**

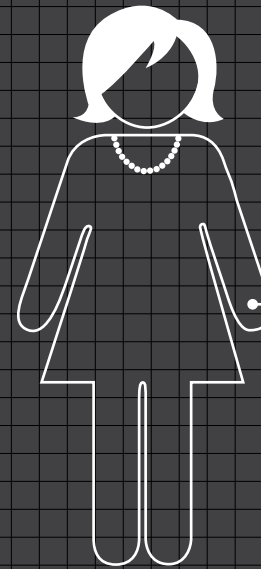
Sugar and Spice...? Raising Teen Daughters

This class on teen girls will begin by framing our girls in developmental terms - where they are and where are they headed? We'll consider special concerns for girls - how to be cute and attractive, but not “over the line.” Finally, we will practice some approaches that will “turn down the heat” in typical parent/daughter conflicts. Real life scenarios will give us a chance to rehearse difficult situations before we face them at home!

- **Tuesdays, September 13 - October 4**
- **11:45 am-1:15 pm / Room 120**
- **Register by Thur., Sept. 8**
- **Led by Kathleen Fischer**



[Chapter 2]
GROUPS



Groups

Spiritual Formations for Moms

This is a weekly Bible study at Highland Park United Methodist Church designed for moms of children ages birth - 5th grade. The study is open to all; you do not have to be a member of HPUMC to join Spiritual Formation for Moms!

This Fall we will be studying the Gospel of Luke for the entire school year - **August, 2011 through May, 2012**, with a break in December. Although it is ideal to join the study in August, study is open for moms to “jump in” at whatever time they want. Fall class will be facilitated by Mary Bishop & Candace Winslow.

Class is held at Highland Park United Methodist Church - 3300 Mockingbird Lane; Dallas 75205, in Room 120 located on the first floor of the Wallace Building. For the fall study, the class has two times to choose from - **Mondays from 9:30 - 11:00 am OR Tuesdays 9:30 - 11:00 am**. You pick the day that is best for you! **Monday class begins on Monday, August 29th and Tuesday class begins on Tuesday, August 30th.**

- Cost of the class for fall semester is \$20.00.
- Childcare is available for \$5.00 per class meeting, per child.

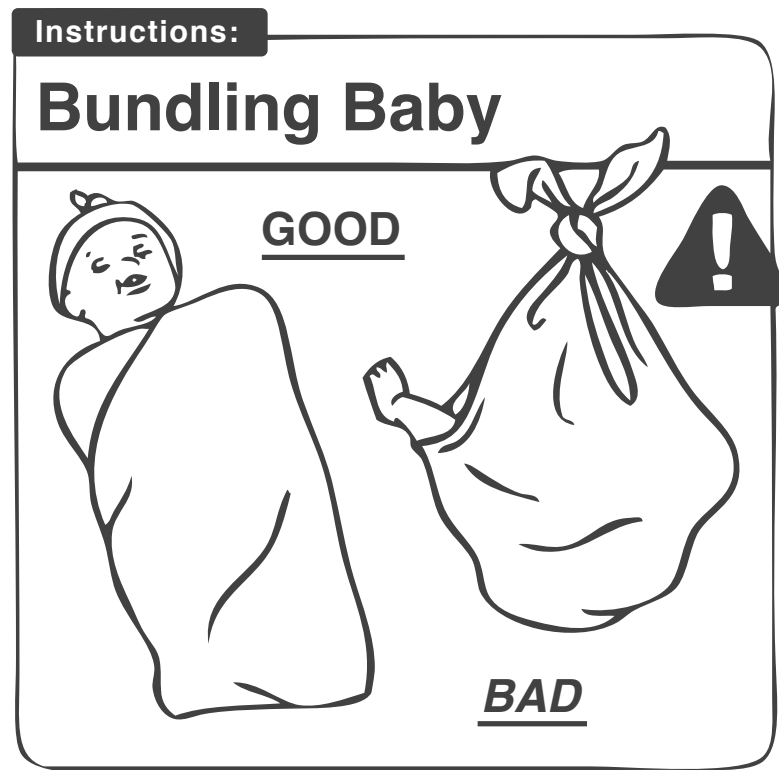
Healing Estranged Relationships

We understand the challenges of estranged family relationships. It is our goal to provide resources that will be of comfort to you, and instill hope that your estrangement can be mended and hearts healed.

We invite you to join us at one of our support group meetings and to participate in a H.E.R.Group gathering soon. Your anonymity and confidentiality will be respected. **Go to hpumc.org for more information.**

First Time Mother's Group

Group begins **Tuesday evening, September 13 - October 11**. We meet from **6:00 to 7:30pm** and form playgroups and friendship that will last a life time. The prior groups still meet and have made some of their dearest family and church friends. Please contact Mary Bishop, bishopm@hpumc.org.



**Illustration from [Safe Baby Handling Tips](#), by David and Kelly Sopp*

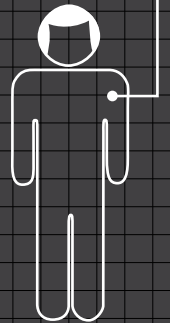
Operating Guidelines

- [1] Get ready for questions that begin with “why”.
- [2] The only baby food you should try is the fruit. Seriously, **ONLY** the fruit.
- [3] If you are not absolutely positive you are going to the park, don't tell them you are going to the park.
- [4] Pillow forts are always more memorable than keeping a tidy house.
- [5] Saying “Brussel sprouts taste like candy” doesn't work.
- [6] Potty training is not for the faint of heart.
- [7] The moment a toy gets donated to charity, is the moment it becomes their favorite.
- [8] Running through the sprinklers is fun for adults, too.
- [9] Your children are never too big to hug.
- [10] If you are more soaked than your child at bath time, you may not be doing it right. But you are probably having a lot of fun.
- [11] Stretch before you try to teach your child to do a cartwheel. Trust us on this one.
- [12] Buy a good stain remover.
- [13] Your teenagers **WILL** find you embarrassing. Prepare now.
- [14] Going to college doesn't mean they wont come back.

Maintenance Checklist

- Bathe weekly (sometimes daily, where mud pies are involved).
- Feed when hungry (watch sugar intake, may cause strange energy bursts).
- Monitor H₂O intake (no matter what they tell you, Kool Aid does not count).
- Make them wear Sunscreen. Even if it is “yucky.”
- Wash hands frequently (with water AND soap).
- Remove any excess energy before bedtime.
- Naps are highly recommended (for parents).
- Insist on bike helmets.
- ‘Time outs’ may be beneficial (also for parents).
- Adjust food intake for teenagers, especially boys.
- Trust your instincts.
- Encourage daily.
- Love unconditionally.
- Pray openly.

[Chapter 3]
RESOURCES



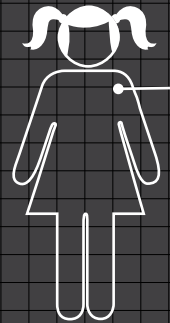
Future Reading

- **BIBLICAL PARENTING**, by Dan A. Myers M.D.
- **BOYS AND GIRLS LEARN DIFFERENTLY**, by Michael Gurian
- **PARENTING: FROM SURVIVING TO THRIVING**, by Charles R. Swindoll
- **RAISING SELF RELIANT CHILDREN IN A SELF INDULGENT WORLD**, by Jane Nelsen Ed.D.
- **BOUNDARIES WITH KIDS: HOW HEALTHY CHOICES GROW HEALTHY CHILDREN**, by Henry Cloud and John Townsend
- **BOUNDARIES WITH TEENS: WHEN TO SAY YES, HOW TO SAY NO**, by John Townsend
- **RAISING YOUR SPIRITED CHILD: A GUIDE FOR PARENTS WHOSE CHILD IS MORE INTENSE, SENSITIVE, PERCEPTIVE, PERSISTENT, AND ENERGETIC**, by Mary Sheedy Kurcinka
- **POWER OF A PRAYING PARENT**, by Stormie Omartian
- **THE FIVE LOVE LANGUAGES OF CHILDREN**, by Gary Chapman and Ross Campbell MD
- **THE FIVE LOVE LANGUAGES OF TEENAGERS**, by Gary Chapman
- **CONNECTING WITH OUR CHILDREN: GUIDING PRINCIPLES FOR PARENTS IN A TROUBLED WORLD**, by Roberta M. Gilbert
- **STRONG FATHERS, STRONG DAUGHTERS: 10 SECRETS EVERY FATHER SHOULD KNOW**, by Meg Meeker
- **BOYS SHOULD BE BOYS: 7 SECRETS TO RAISING HEALTHY SONS**, by Meg Meeker
- **TEN HABITS OF HEALTHY MOTHERS: RECLAIMING OUR PASSION, OUR PURPOSE, AND OUR SANITY**, by Meg Meeker

Other Resources

- www.hpumc.org/parenttools
- Our Pastoral Care department is here for you. If you'd like to talk to someone about parenting questions or concerns, contact us at pastoralcare@hpumc.org

[Chapter 4]
REFLECTION



Parenting Devotional

1 PROVERBS 3:11-12 “My child, do not despise the Lord’s discipline or be weary of his reproof, for the Lord reproves the one he loves, as a father the son in whom he delights.”

The Bible, particularly the Old Testament, contains numerous examples of God disciplining his chosen (and very much loved) people. God reveals His love through His goodness, as well as through His corrective actions. God achieves an ideal balance between these two features. As parents, we are called to be mindful of and to imitate this balance. Discipline is a sign of a loving parent. Discipline is not always synonymous with punishment. Providing suitable consequences and boundaries allows children to flourish and communicates a parent’s love for them. As parents, we must remember that appropriate discipline is a healthy, necessary, and godly aspect of parenting.

2 1 THESS 2:11-12 “As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you lead a life worthy of God, who calls you into his own kingdom and glory.”

Comparing himself to a father, Paul exhorts the early Christians in Thessalonica to live lives worthy of God. Paul’s instructions still apply to parenting today. Parents must encourage, urge, and plead with their children to live a godly life. Such encouragement comes, not only from words, but from actions as well. Children are often quick to perceive when a parent does not “practice” what he or she “preaches.” A parent must actively model and live a faithful life worthy of God so that their children are encouraged and enabled to live a godly life as well.

3 3 JOHN 4 “I have no greater joy than this, to hear that my children are walking in the truth.”

Walking in the truth, that is living a Christian life, is wonderfully pleasing to God. When parents live godly lives and teach their children to live godly lives, parents glorify God. Often, as parents, we may have a tendency to put a premium on various actions our children engage in that bring them fame and acceptance and, consequently, provide us with some level of recognition as well. Our definition of a successful life may neatly correspond with society’s definition of success.

False truths – such as money, power, and beauty -- may take priority in our lives. God, however, does not buy into society’s definition of success, nor does He ever stray from the truth. All of God’s children – parents and their children – are called to live lives focused on Him.

4 PSALM 78:4 “We will not hide them from their children; we will tell to the coming generation the glorious deeds of the Lord, and his might, and the wonders that he has done.”

As parents, we must talk to our children about God. Church and Sunday School are not the only resources or places of instruction for children to learn about God. Parents play a key role in such teaching. Each day presents new and different opportunities to talk about God with your children. Everyday happenings from a song on the radio to a sunset or a baseball game are all chances to remind your children of the constant presence of God in our lives. Share with your children about the many ways God has blessed you so that future generations may be blessed by the Lord.

5 2 COR 12:14 “...And I will not be a burden, because I do not want what is yours but you; for children ought not to lay up for their parents, but parents for their children.”

In his letter to the Corinthians, Paul reminds us that a primary responsibility of parents is to provide financially for their children and not expect their children to support them. Throughout his life, Jesus taught his followers to minister to and serve others without any expectations of receiving in return. Jesus lived the ultimate selfless life. True followers of Jesus give of themselves completely to those whom they serve. As parents, we must engage in selfless parenting. We should give of ourselves to our children and not expect anything in return.

Lord, we give you thanks for our family. Help us to selflessly love one another, serve one another, respect one another, and forgive one another. Give us the courage and determination to live lives worthy of you so that we may glorify you in all that we do. By our lives and our love, let us be a light to others of you and your infinite goodness. Amen.

Like it or not, our relationship with our parents and with our children is among the most influential relationships we will ever have. It defines so much about who we are and who our children will become. Why, then, is it so difficult? If it's so critical, shouldn't God have made it easier? In this two part series, we'll take look at God's approach to one of the most important but difficult assignments in life - Parenting. CDs of this series are coming soon to the Cornerstone Cafe!