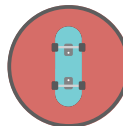


PARENTING PLAN

YEAR 1: STARTING WELL



HI FRIEND!



Congratulations on your bundle of joy! We've heard it through the grapevine that there's a birthday in your family this month! As your child enters into Year 1, we want to focus on starting well.

At First Capital, we believe that a child's home is the number 1 faith-building, disciple-making environment that there is. We want to partner with you as you raise your fearfully and wonderfully made child. We've created a discipleship program that goes from year 1 all the way to year 18 when you're launching your child out into the world. We offer this plan that focuses on one thing every year when it comes to following Jesus.

This plan isn't supposed to be a course in everything you need to know when it comes to parenting and raising a child to love and follow Jesus. But we hope that every year, this plan will help you and your family take one step closer to Jesus.

This plan is just one part of many resources that we want to provide for you. Many of those resources can be found on our Parent Resources Wall in the lobby.

During this first phase of your child's life we label as the Embrace Phase, we focus on

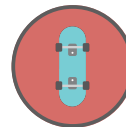
- God Made Me**
- God Loves Me**
- Jesus Wants to be my friend forever**

If you have any questions or just need an adult to talk to anytime this year, we are available to you! You can reach out to anybody on the Family Ministry Team.

**Evalina Pinnick - evalina@churchanywhere.us
Marianne Rader - marianne@firstcapitalchristian.org
Spencer Roberts - spencer@firstcapitalchristian.org
Patrick Crawford - patrick@churchanywhere.us**

**We are praying for you and your family,
The Family Ministry Team**

WRITE A LETTER TO YOUR FUTURE 18-YEAR-OLD

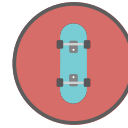


Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will both speak life and love into your child as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the rest of their lives. You could collect them in a journal or write each letter as a separate paper.

- child's first word**
- fun stories from the last year**
- favorite toy**
- things that made you laugh the most**
- what I want for your life**

Include a photo of your family with the letter to give a year-by-year collection of memories all in one place. Each year after giving your child the letter, get it back and keep them all somewhere safe. You will give them all to your child in the 18th year for LAUNCH.

STARTING WELL THROUGH CHILD DEDICATION



We're so excited for you and your family as you have been blessed to welcome a baby to your family! As a church, we are excited to partner with you as you begin this incredible journey with your child.

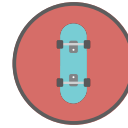
WHAT IS A CHILD DEDICATION?

Child Dedication is a special service in which you make a formal commitment to raise your child in a Christ-centered home. We see some examples in the Bible such as I Samuel 1:24 – 2:10 when Hannah dedicated Samuel at the temple and Luke 2 where Mary and Joseph dedicated Jesus. During this Dedication service you will be asked to make a Parent Covenant (a promise) that you will raise your child to know, love and follow Jesus Christ. God designed the home as the primary place for faith to be nurtured. One way that we seek to partner with you is by providing resources throughout your child's spiritual journey. We call this the Annual Parenting Plan. Child Dedication is the first step. While the event is the public aspect to this step, we have included in this booklet ways to practice this covenant beyond the service.

FIRST CAPITAL FAMILY RESOURCES:

Child Dedication is also a time for the church to commit to walking alongside you as you point your child toward Christ. Each year of your child's life, we will provide you with a focus and simple steps to make an intentional impression on your child's faith journey from birth to age eighteen. We also commit to providing excellent children's and youth programs to foster Christian community and faith development.

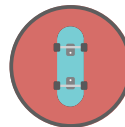
STARTING WELL THROUGH CHILD DEDICATION



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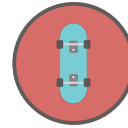
START WELL BY DAILY DEDICATION PRAYERS



“Pour your heart like water before the face of the Lord. Lift your hands towards Him for the life of your young children.” Lamentations 2:19

Throughout this year, lay a deep foundation of prayer for your child’s life by simply praying small prayers of dedication throughout the normal rhythms of your life. Use the verses below as starters to pray simple prayers throughout the day for your child, inserting your child’s name in the verse. For example: “He gathers “Lilly” in his arms and carries “her” close to his heart...” OR use the verse to help you pray prayers like “God, please draw Lilly to you and keep her close to you her whole life.” For more ideas check out *The Power of a Praying Parent* by Stormie Omartian (Harvest House Publishers 2014) or *Baby’s First Book of Prayers* by Melody Carlson (Zonderkids 2002) which has little prayers about everything from breakfast to bugs to bedtime. Even as you read the Bible in your own quiet time, you will begin to see verses you can pray over your child. **MORNING PRAYER - 1st Samuel 1:26 “I prayed for this child, and the LORD has granted me what I asked of him. So now I give him to the LORD. For his whole life he will be given over to the LORD.”**

START WELL BY DAILY DEDICATION PRAYERS



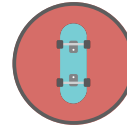
BATH TIME PRAYER - Psalm 51:10 “Create in me a clean heart, and renew a right spirit within me.”

SNUGGLE TIME PRAYER - Isaiah 40:11 “God tends his flock like a shepherd. He gathers the lambs in his arms and carries them close to his heart...”

MEAL TIME PRAYER - Luke 2:40 “There the child grew up healthy and strong. He was filled with wisdom, and God’s favor was on him.”

BEDTIME PRAYER - Zephaniah 3:17 “The Lord your God is with you. He is mighty to save. He takes great delight in you. He will quiet your fears with his love, he will rejoice over you with singing.”

START WELL BY BUILDING A FAMILY CULTURE

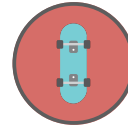


“...clothe yourselves with compassion, kindness, humility, gentleness and patience. Put up with each other. Forgive each other. Love each other. Have peace. Be thankful. Teach and challenge each other.” Colossians 2:12-16

As you pray for your child, think about the environment you want your child to be raised in. Maybe you want it to be much like the home you grew up in, or maybe you don’t want it looking anything like that! Take some time this year to determine what your family culture is going to be. Family culture pieces are a popular item in home décor right now.

They are often titled something like: “In our family, we do...” followed by a list of attributes and activities like forgiveness, hugs, laughter, football, patience, dinners together, etc. Prayerfully determine a family culture that you would like to establish in your home, and dedicate your home and family to God. Andy Stanley reminds us that “we don’t drift to good places,” so steer your family culture toward an intentional reality. There are many family culture pieces that are already made and can be purchased online or at a home décor store. They range from small plaques to large vinyl wall decals. You might consider creating your own, adding some faith elements that might not appear on other ones. There are even sites where you can customize/personalize Christian wall art like littlelifedesigns.com.

START WELL BY BUILDING A FAMILY CULTURE

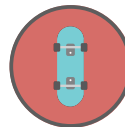


Whether you decide to make your own or buy one, make sure that your family culture is visible as a reminder of the expectations of how your family will live. When choosing your family distinctions, don't try to fit the entire Christian life into your family culture piece. Don't feel the pressure of leaving something out, because if it's too long, it won't be memorable for your kids as they grow up. Some things might be obvious and some might be more obscure based on your story, passion or calling.

You could use your bible to identify the attributes of a Christian and select some qualities that will define your family. You can do an online search for ideas, such as an article on Christian traits at discipleshiptools.org which gives a large list of qualities along with scriptures.

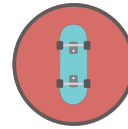
Make it yours. Make it visible. Make it happen.

NOTES



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START WELL BY BUILDING A STRONGER MARRIAGE



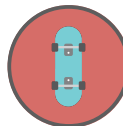
Each year we want to encourage you to make a plan to keep your marriage healthy. One of the most important gifts you'll give to your child is the love you give to your spouse. When mom and dad love each other and demonstrate the traits of a healthy (NOT PERFECT!) marriage, it not only sets a good example of a godly marriage but gives them a greater sense of security and well-being.

Good marriages require intentionality. Use the plan below to make an intentional effort in your marriage this year. Read *The Best Us* by Ted Lowe (©MarriedPeople 2016) for a full explanation of *Have Serious Fun! Love God First; Respect and Love; Practice Your Promise.*

Have Serious Fun! Date Night Scheduling:

Grab your calendars and mark at least TWO date nights for each month and PROTECT those dates. Remember that you were boyfriend and girlfriend before you were dad and mom, and have fun together! No family administration discussions!

DOWNLOAD THE PARENT CUE APP



itunes



google play

**Parent Cue
creates the plan,
so you can make
the memories.**

