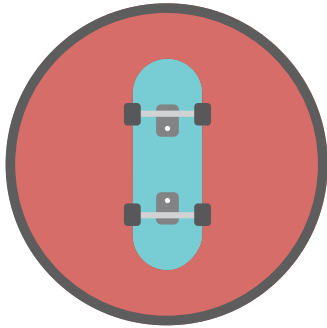
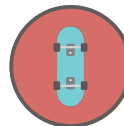


PARENTING PLAN

YEAR 13: RIGHT AND WRONG



HI FRIEND!



We've heard it through the grapevine that there's a birthday in your family this month! As your child enters into Year 13, we want to focus on **Right and Wrong**.

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.

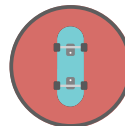
During this first phase of your child's life we label as the **Affirm Phase**, we focus on **making your faith your own**.

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

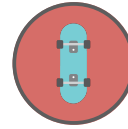


Each year throughout the parenting plan, take time to write your child a letter. Below are some ideas of things to include that will speak life and love into your child, as well as give them an invaluable collection of insights into their upbringing and a storyline of memories to be cherished for the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

1. Things I've loved about you this year...
2. Important memories from this past year...
3. Some of my favorite time with you is when we...
4. Your favorite books to read are...
5. Your favorite hobbies are...
6. Things that make you laugh...
7. Your favorite things to do with your friends...
8. I am impressed when you...
9. I've been praying about this for you this year...
10. I've been praying about this for me as a parent this year...
11. What I want for you in life...
12. I am praying for your future spouse that he/she is...

You can write them all in a journal or write each letter as a separate piece of paper. 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.

A LETTER FROM OUR STUDENT PASTOR ABOUT RIGHT AND WRONG



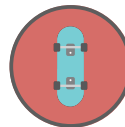
You finally have a teenager in the home! Good luck. That's all we got for this year.

Teenagers are actually my personal favorite to work with, because they are developing different mental abilities and skills they didn't have before. But with that comes several challenges as a parent. One of the biggest changes is the beginning of abstract thinking, the baby steps of moving away from concrete thinking. With all of the synapses firing rapidly in their brain you are due for several questions, outbursts, thoughts, emotions, and much more that you haven't experienced from your child before.

Maybe your new teenager has been a perfect child, or maybe they have been a constant headache, either way most parents have a similar desire for their teen; that they would live in a way worthy of how we raised them and that they wouldn't make mistakes that jeopardize their future. Every parent regardless of religion wants to have a good kid, but especially us Christ-following parents desire to have our kid do what is right and avoid what is wrong. So how can we do this?

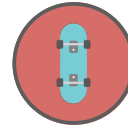
For a good while the church has made some mistakes in this area. We have had the right intentions but the results with our kids haven't been the best. As parents, we have to always keep in mind where our kids are at mentally. Teenagers are now not only looking at what is right and wrong, but they're also asking why? And how bad is this compared to other bad things?

NOTES



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A LETTER FROM OUR STUDENT PASTOR ABOUT RIGHT AND WRONG

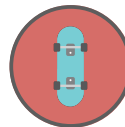


If our approach is the classic “because I said so” or a fear based tactic to scare them away from things that are bad, we see a few possible outcomes. The first is that they are so afraid of doing the things that we scared them away from that they never want to experience it. For example, if we scare our kids away from sex, many are still afraid of it when they are married and don’t enjoy it. Or if we scare kids away from alcohol, some are so afraid when they turn 21 that they avoid anyone who ever has a drink. Like I said, we’ve had the right intention but the wrong result. Or our kids go the complete opposite direction. When all we do is tell them things are wrong, and try to scare them away, they may try it and realize they like it. And at that point they write off anything that you ever said was wrong.

So how can we raise our teenagers to know right and wrong in a way that is healthy? I think it boils down to our own view of sin. Do we really think that God gave us this list of right and wrong things for no reason? Of course not! God created us and knows us better than we know ourselves. God tells us certain things are wrong because He knows the hurts that are caused when we do them. Long story short, there’s a reason that wrong things are wrong. Your child is going to start facing some grown-up issues, so it’s time to start talking to them about these issues like a grown-up.

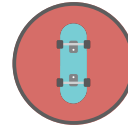
Our challenge for you this year is to take “the talks” to the next level. It might even take some investigating on your own. When you go into these conversations be prepared to tell them why something is right and why something is wrong. Have more depth to the conversations than saying “because I said so” or “because the Bible says so”.

NOTES



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A LETTER FROM OUR STUDENT PASTOR ABOUT RIGHT AND WRONG



Topics like sex, drinking, smoking, etc. need to be addressed by parents. Our end goal shouldn't be to force our views onto our kids, but instead to help them work through their worldview of why something has been called good or bad their whole life. Be open to answering questions and having dialogue about these subjects. Remember, it's only awkward if you make it awkward.

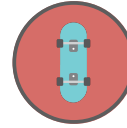
Here's the biggest challenge for you as your child gets older, and it's not just for these conversations; it's time to guide your child towards discovering what is true instead of telling them what is true. Make them think hard about these topics instead of making them run from them. Be intentional to bring them up: When do you think you are old enough to date someone? How far do you think is actually too far with them? Why do you think we have told you to wait until marriage? Do you see porn as an issue? What could be harmful about it? Is it really bad to have a drink when you are underage? How many great decisions have you heard start with the story "I was drunk one time..."?

These conversations may seem difficult and awkward. You know as well as I do that if we don't have these conversations with our child, someone will.

And above all else, remember that your child is just as human as you are and will probably make some mistakes. That doesn't make them impure or grotesque, that means they need grace like you and me.

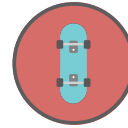
I'm in your corner and constantly praying for you!
-Spencer

NOTES



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PROTECTING YOUR KID: TECHNOLOGY HELP



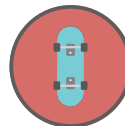
3 Steps to Protecting Your Child Online

1. Talk to your child about using their devices. Discuss how they should never give out personal information or chat with strangers. Have an age-appropriate conversation about pornography. Stress how important it is to let you know if they come across inappropriate content. Make sure they know you are a safe person to talk to about what they've seen. For help in talking with kids about pornography, check out Good Pictures/Bad Pictures and Good Pictures/ Bad Pictures Jr. by Kristen Jensen, M.A. and Gail Poyner, PhD. There are also great resources at family.org and covenanteyes.com.

2. Set boundaries for internet usage. Require that all internet usage be done in a central area of the house where parents and other family members will be. Do not allow surfing while you are not home, including homework which typically requires a lot of need for google images. Do not allow devices in a child's room - they should not need privacy to be on the internet.

3. Protect your devices with a content blocker and report generator. There are several companies that provide these services/software. Focus on the Family partners with Net Nanny and Forcefield. These programs will not only block content, but will also send accountability reports on everyone's usage in the family. You should also go into the settings of each device and determine the restrictions for that device, which is then protected by a 4 digit PIN. Commit yourself to being intentional about being a gatekeeper for your child's heart and mind - no apologies. It will be impossible to protect them entirely, but these simple steps are a good start toward giving them a good shot at never knowing the dark world of a porn addiction.

MARRIAGE PLAN



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!

Love God First - Faith Practices 101:

- Research finds that couples who pray together at least twice a week have a divorce rate of less than 1% (HomePointe). Commit to praying as a couple at least twice a week. Plan which worship service the two of you will attend together each week – don't "divide and conquer" in order to volunteer.

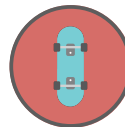
Love and Respect - Write an Annual Letter:

- Write a letter to your spouse for your anniversary this year, much like the one in this packet that you will write to your child. Write a letter of memories from this past year, affirmations, prayers and promises to each other.

Practice Your Promise - Personal Growth:

- Set a "secret goal" to grow as a spouse, such as "listening better," "praising her in public," or "initiating romance." Write it down and seal it in an envelope. When you receive next year's packet, open the envelope and assess your progress.

DOWNLOAD THE PARENT CUE APP



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

