



Fill-In-The-Blank  
SHEETS

PARENTING  
*with a* WISE HEART

BARBARA J. MANDLEY

## Introduction ~ Fill-in-the-Blanks

### 1. Study Goals for Parenting With God's Heart

Paul understood that God wanted him...

"To \_\_\_\_\_ to those God has chosen to \_\_\_\_\_ them to know the truth that shows them how to live godly lives" (Titus 1:1 NLT).

### 2. Bible Versions

If you have web access, you can find \_\_\_\_\_ versions of the Bible at [www.biblegateway.com](http://www.biblegateway.com)

### 3. The Book's Format

- a. **Scripture Memory** ~ Sign and date below if you are going to memorize each lesson's Scripture Memory.

#### Scripture Memory

As parents feel for their children,  
GOD feels for those who fear him.  
Ps. 103.13 (MSG)

\_\_\_\_\_ (Sign Your Name Here)

\_\_\_\_\_ (Date Here)

- b. **Tidbit** ~ These \_\_\_\_\_ aren't from scripture but they speak volumes of truth.

#### Tidbit

"Parents can only give good advice or put a child on the right path but the final forming of a person's character lies in their own hands"<sup>1</sup>

- c. **'Key Scripture,'** write it in the margin or put it on an index card.

Writing each day's verse out by hand will help you \_\_\_\_\_ God's Word in your heart (Psalms 119.9-11). You will then be able to help your children learn how to create their own flashcards so that they are able to study effectively.

- d. **Character Sketch** ~ Most people, especially young children, strive to become who others \_\_\_\_\_ them to be. Character Sketches are going to be a regular part of each lesson to help you think about the values you want to build into your family.

### *CHARACTER SKETCH EXAMPLE: PERSEVERANCE*

Jesus' brother wrote a letter that is in the New Testament. It is named after him and is called James. In the first chapter, James makes a strong point about purpose of the trials we face. "...the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything (James 1:4).

Perseverance is a quality that all people need at different times in their lives. It takes perseverance, endurance and dedication to stay committed to tough tasks. Raising kids is difficult. It is not only demanding; some years it seems to take forever to see any results.

While driving one day, I heard the guest speaker on a radio program make a statement I'm going to put into my own words. "The ONLY time we fail our children is when we let the enemy convince us that it is not worth praying for them." I discovered, with the help of the above statement a bigger issue is at the heart of this matter.

Good parenting involves continually choosing to be persistent in all areas of life. The Greek word *hypomone* means cheerful endurance and patient waiting.<sup>2</sup> Hopeful endurance by parents is demonstrated by their answer to the question, "Are you going to do what it takes?" Are you going to do what it takes to listen? Are you going to do what it takes to discipline wisely? Are you going to do what it takes to control your tongue? Are you going to do what it takes to get back up, apologize and try again when you fail? "Are you going to do what it takes?" is a tough question for everyone.

All parents need a "*one-liner*" arsenal. This is a collection of saying parents want in their children's memory. The question, "Are you going to do what it takes?" is a good start to that collection. The "*one-liner*" arsenal helps parents put their voice, their cautions, and their reminders of right and wrong inside the hearts of their children. With God's assistance and parental perseverance, parents will be able to help their children reach the goal of being mature responsible adults who know what it takes to inherit eternal life.<sup>3</sup>

- e. **Table Talk—The Family’s Assignment** ~ Children understand what it means to be a family by the things your family does \_\_\_\_\_. Each chapter’s “Table Talk” is a \_\_\_\_\_ where you guide the family through a lesson or activity that is centered on growing closer to God and each other.
- f. **Parenting Tip** ~ These gems are \_\_\_\_\_ advice worth trying right away.
- g. **FYI** ~ The question will usually refer to some part of a \_\_\_\_\_ covered in the chapter.
- h. **Chapter Exploration** ~ This section contains the Bible study questions. The questions with \_\_\_\_\_ will be discussed with other parents during class time.
- i. **I Am Going To Wonder and Pray About...** Author, Eugene Peterson, mentions that we seldom give our children or ourselves time to wonder. This “*Wonder and Pray*” space is provided for your ideas about the information, values, and skills you plan to build into your children’s lives. It is \_\_\_\_\_ that you bring to God what you don’t know or are unsure about.

**j. Resource Section ~ Reading**

**“Book-of-the-Month” Mom - Recommends:** The goal of this segment is to give you a list of other parenting books that contain exceptionally beneficial information.

**Favorite Children’s books...** “\_\_\_\_\_ - \_\_\_\_\_” is a term early childhood educators use to label the daily connection researchers report that all infants, toddlers, and pre-school age children need with their parents to be emotionally ready for school.

Becoming “\_\_\_\_\_” is another benefit of lap-time and describes learning things about books, like how to hold and treat them, that aren’t directly related to the words on the pages.

**4. Preparation for the Arrival of Creation**

God planned, prepared and anticipated what would be needed to \_\_\_\_\_ the humans He was going to place on the earth.

**5. God’s Desire for the Family Unit**

The first organization that God created — the family— “...is better at Christian \_\_\_\_\_ than any other mission group in the world.”<sup>3</sup>

**6. Infected By Sin ~ Goodwill toward Men**

Adam and Eve didn’t understand that God’s commands are to \_\_\_\_\_ His children, not to keep something good from them. When Adam and Eve disobeyed, ALL of mankind suffered the consequences of being \_\_\_\_\_ with the \_\_\_\_\_ to sin.

Being compassionate, God worried about the eternal consequences of their sin. If Adam and Eve continued eating fruit of the tree of life — that allowed people to live forever — they would \_\_\_\_\_ live with the pain and \_\_\_\_\_ of sin.

God wants humans to have \_\_\_\_\_ on earth and know He still has \_\_\_\_\_ toward men (Luke 2.14 NKJV).

**Chapter One ~ Session Notes***An Accurate and Effective Worldview*

1. Parenting is about being \_\_\_\_\_. That means not only knowing what to do, but also, \_\_\_\_\_ how to do it, calculating the costs, and doing what it takes to accomplish your goals. Your “\_\_\_\_\_” is what you believe about the how the world works.
  
2. A godly, accurate personal worldview will help you battle the media and Hollywood’s \_\_\_\_\_, as they tempt you and your kids to adopt their worldview. In others and in ourselves, there is a \_\_\_\_\_ between good and evil that is part of the worldview Christians use to explain life here on earth.
  
3. Living by God’s \_\_\_\_\_ means you have a Biblical worldview. Your awareness of God’s worldview and how to please Him will help you teach your children how to \_\_\_\_\_ under the authorities God has put in place. God’s Word, His laws, His decrees, His principles, and His parenting style are the \_\_\_\_\_ authority.
  
4. Only God is so BIG He can do as He \_\_\_\_\_. He gave humans a \_\_\_\_\_ t h a t will live forever. Where your soul spends \_\_\_\_\_ has to do with your choices. Your soul is in your hands, just as your children’s souls will eventually be in \_\_\_\_\_ hands.

5. What God allows... does not always please His followers. Sometimes we do not like what happens here on earth, so we \_\_\_\_\_ God for the things that are bad. It is God's pleasure to be \_\_\_\_\_.
6. God's all-powerful and reliable authority means He knows what is best. We humans are indeed blessed that God wants an \_\_\_\_\_ relationship with each of us. He is willing to share His \_\_\_\_\_, desires and expectations with us. He provided His Word, the Bible, so that we are not left in the dark \_\_\_\_\_ around or wondering what to do.
7. Even before they can comprehend what a worldview is, the children following you will experience the \_\_\_\_\_ of it. Everyone must submit to governing authorities. As a parent, you are the governing \_\_\_\_\_ in your children's lives.
8. God's given you a sacred trust! He wants you to succeed and is more than willing to help. He likes those who ask questions, seek His counsel and \_\_\_\_\_ His Word for the answers.

**Chapter Two ~ Session Notes***Hannah, Eli and Samuel's Parenting Style*

1. This story is about parents and their influence on their children.
  - \_\_\_\_\_ and \_\_\_\_\_ are introduced at the beginning of First Samuel.
  - Eli, \_\_\_\_\_ of Israel, has two sons named \_\_\_\_\_ and \_\_\_\_\_.
  - Hannah and Elkanah's son is \_\_\_\_\_.
  
2. Hannah and her husband Elkanah demonstrate their \_\_\_\_\_ for and \_\_\_\_\_ to the LORD with every choice they make.
  
3. Hophni and Phinehas, Eli's sons, had \_\_\_\_\_ for the LORD. God's Word says Eli even \_\_\_\_\_ what his sons were doing. (1 Samuel 2.23-25)
  
4. However, as an \_\_\_\_\_, Eli did not do what it takes to put in place the consequences he had the right to enforce. They should have been disqualified and then \_\_\_\_\_ from the priesthood.



5. Samuel, like Eli, was judge and priest. He had wonderful loving parents, but his parenting \_\_\_\_\_ was Eli. When parents excuse, overlook, or even address but don't discipline bad behavior they \_\_\_\_\_ God.
6. Sin separates humans from God, it also has the built in consequence of making Him \_\_\_\_\_. God explains that this is because the built-in consequence of sin will affect a family for three or four \_\_\_\_\_ to come.
7. Romans 8.6-8 in The Message says,  
"Obsession with self in these matters is a dead end; \_\_\_\_\_ to God leads us out into the open, into a spacious, free life. Focusing on the self is the opposite of focusing on God. Anyone completely absorbed in self \_\_\_\_\_ God, ends up thinking more about self than God. That person ignores who God is and what he is doing. And God isn't \_\_\_\_\_ at being ignored" (Romans 8.6-8).
8. As parents obey God's laws, commands, principles and statutes it will be easier for them to \_\_\_\_\_ unhealthy behaviors.
9. "... [I, God, show] \_\_\_\_\_ to a thousand [generations] of those who love me and keep my commandments."

**Chapter Three ~ Session Notes***The Spiritual Leader's Responsibilities*

1. **Consecrate Yourselves ~ Lev. 20.7** ~ “Consecrate yourselves and be holy, because I am the LORD your God.

Ways to begin consecrating yourself.

- A. \_\_\_\_\_ to or read God's Word..
  - B. \_\_\_\_\_ makes it possible to communicate with God ALL day.
  - C. \_\_\_\_\_ when you sin. This keeps your relationship pure, free of dirt, and your access to God open.
  - D. Finally, as the Holy Spirit purifies your heart and helps you do things that please God, you will begin to spiritually ‘\_\_\_\_\_’ Him.
2. **Guard the Temple ~ Num. 18.5** ~ “You are to be responsible for the care of the sanctuary and the altar, so that wrath will not fall on the Israelites again.

Bevere states that guarding the temple has two universal principles:

- A. \_\_\_\_\_ keeps the temple's door/gate shut, denying Satan legal access.
  - B. Disobedience throws the door wide open, giving him \_\_\_\_\_.<sup>1</sup>
3. **Tend the Fire ~ Lev. 6.12-13** ~ The fire on the altar must be kept burning; it must not go out.

As the family's priests stoke and share the fire within their hearts, their children—believers or not—will become more aware of God's \_\_\_\_\_ in their lives.

**4. Teach the Word of God ~ Deut. 17.11** ~ “Act according to the law they teach you...” (NIV).

It is impossible to teach what you don't know and it is difficult to lead if you are not \_\_\_\_\_ God's directions.

Consistently enforced rules help children grasp that love comes with \_\_\_\_\_.

**5. Separate them from unclean things ~ Lev. 15.31** ~ “You must keep the Israelites separate from things that make them unclean, so they will not die in their uncleanness for defiling My dwelling place, which is among them.”

Parents still need to decide when a condition needs medical attention. Most importantly, parents need to help their children keep their hearts—God's \_\_\_\_\_ place—free of dirt.

David, described as ‘a man after God's heart,’ wrote, “I will set before my eyes no \_\_\_\_\_ thing” (Psalms 101.3). Only God can make us \_\_\_\_\_ than we really are.

**6. Judge the Unruly ~ Deut. 17.9** ~ Go to the priests, who are Levites, and to the judge who is in office at that time. Inquire of them and they will give you the verdict.

“At that time I (Moses) instructed the judges, ‘You must hear the cases of your fellow Israelites (\_\_\_\_\_ \_\_\_\_\_) and the foreigners (\_\_\_\_\_ \_\_\_\_\_) living among you. Be perfectly fair in your decisions and impartial in your judgments. Hear the cases of those who are poor (\_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_ \_\_\_\_\_) as well as those who are rich. Don't be afraid of anyone's anger, for the decision you make is God's decision” (Deut. 1.16-17 NLT-SE).

7. **Pray for Army going into Battle ~ Deut. 20.2** ~ When you are about to go into battle, the priest shall come forward and address the army. He shall say: “Hear, O Israel, today you are going into battle against your enemies. Do not be fainthearted or afraid; do not be terrified or give way to panic before them. For the LORD your God is the One who goes with you to fight for you against your enemies to give you victory.”

Prayer is your commitment to the \_\_\_\_\_ life of your children.

First Samuel 12.23 says: “As for me, I will certainly not sin against the LORD by ending my prayers for you. And I will continue to teach you what is good and right” (NIV). The only time you fail your children is when you \_\_\_\_\_ praying for them. God loves and cares more deeply for your children than you do!

8. **Bless the people ~ Num. 6.23-27**

This ancient blessing is a model of how the spiritual leaders were to ask God’s divine favor on others. Its five parts conveyed the request that God would:

- (1) Bless and \_\_\_\_\_ them;
- (2) \_\_\_\_\_ on them (be pleased);
- (3) be gracious (merciful and compassionate);
- (4) show His favor toward them (give His \_\_\_\_\_);
- (5) give peace.

When you ask God to bless others or yourself, you are asking Him to do these five things. As your family’s priest, think about the merits of blessing your family. When you ask God to bless your family members, remember that praying God’s blessings benefits you all.

“Tell \_\_\_\_\_ this is how you are to bless the People of  
(Your name)  
 the \_\_\_\_\_ family. Say to them, GOD bless you and  
(Your family name)  
 keep you, GOD smile on you and gift you, GOD look you full in the  
 face and make you prosper.

In so doing, \_\_\_\_\_ will place my name on the  
(Your name)  
 people of the \_\_\_\_\_ family—I will confirm it by blessing them.”  
(Your family name)

**Chapter Four ~ Session Notes***Touching Your Dreams and Your Children's*

(Life-Long Learning Grid is an additional handout for Chapter Four)

**1. God never gives up on you or your children.**

That means He never gives up on the \_\_\_\_\_ He's given to you either.

**2. God desires the image of Christ to be \_\_\_\_\_ to the world through you.**

Romans 8.29 reveals His plan, "For those God foreknew he also predestined to be conformed to the \_\_\_\_\_ of his Son, that he might be the firstborn among many brothers" (NIV).

**3. God is looking for lifelong learners.**

An \_\_\_\_\_ is short for Individualized Education Plan. \_\_\_\_\_ has an IEP for you. It is necessary because \_\_\_\_\_ doesn't happen by accident.

**4. "Dreams that catch our imagination and inspire our wills \_\_\_\_\_ begin in the mind of God."<sup>1</sup>**

God Gives Us Dreams A Size \_\_\_\_\_ So That We Can Grow Into Them.

**5. Your dream will change you.** God has made your children and you with specific \_\_\_\_\_ and \_\_\_\_\_ inabilities. When family members share their dreams with each other, they will find that they are creating bonds and \_\_\_\_\_ that become the core of who their family is.

**6. The dream alters your schedule.**

While the dream waits, the rhythm beats, plod on, plod on, plod on. (Like the Energizer Bunny) Your dream may take time to \_\_\_\_\_, but God says, "I know the plans I have for you!" God/Jesus will always meet you on the road at \_\_\_\_\_ the right time and right place.<sup>2</sup> Mapping out what you think are the next steps is \_\_\_\_\_ for, "If you don't know where you are going, any road will get you there."<sup>3</sup>

**7. This acronym is a "SMART" reminder that goals need to be:**

**S** = \_\_\_\_\_  
**M** = \_\_\_\_\_  
**A** = \_\_\_\_\_  
**R** = \_\_\_\_\_  
**T** = \_\_\_\_\_

**8. It's difficult to lead without your own goals and plans in place.** Matthew reports Jesus' comments about those who lead when they are not helping others grow. "... Ignore them. They are blind guides leading the blind, and if one blind person guides another, they will both fall into a ditch" (Matthew 15.14 NLT). Your relationship with God is \_\_\_\_\_ performance based, His desire is that you focus on growth that brings love and life to you and others.

**Get the handouts** from [www.mandley.com/Barb/pwh](http://www.mandley.com/Barb/pwh) titled: *Life-long Learning Goal-setting Grid*. Follow the directions for filling it out found in the Media and Study guide. (This does not need to be completed during this session. It may take a few weeks to work through all the part involved in creating it.)

**9. \_\_\_\_\_ of Stunted Growth:**

- a. It seemed to you as a youngster that without plan or \_\_\_\_\_ you just grew up.
- b. Not understanding that a growth plan's basic steps include having your \_\_\_\_\_ firmly in place and knowing who you are.
- c. Not being taught to \_\_\_\_\_ and \_\_\_\_\_ are characteristics of growing-up that isn't yet complete.

- d. Pain causes everyone to be cautious.  
Successful people look at \_\_\_\_\_ as an opportunity to grow. Those that run away develop the \_\_\_\_\_ of leaving instead of learning and maturing.
- e. They have not learned that...“Satan hopes we will take the bait of \_\_\_\_\_ so that he will have a foothold into our lives to destroy both our relationship with God and our relationship with others.”<sup>4</sup>
- f. Fear causes a whole list of \_\_\_\_\_ that will prevent growth in your life. Learning to handle fear usually means dealing with being \_\_\_\_\_. It frequently means taking risks that for the moment leave the future uncertain. The goal for managing change (fear) is to do it with thoughtful risk taking that is beneficial and will produce further opportunities for growth. \_\_\_\_\_% of all senior citizens wish they had taken more risks.
- g. Motivation and the first risk taking are steps that get you started, \_\_\_\_\_ is what makes it happen.
- h. Discipline is about getting yourself to \_\_\_\_\_ things you don't want to \_\_\_\_\_. When you do that God receives the glory.

Because you cannot have peace without God, a big portion of experiencing peace with Him involves, “Disciplining what is \_\_\_\_\_ a n d \_\_\_\_\_ within ourselves.”<sup>5</sup>

**10. The God of the \_\_\_\_\_ is on your side.**

There is no wisdom, no insight, no plan that can succeed against the LORD (Proverbs 21.30 NIV).

Go for God's best in your life!

Go for the dreams He's planted in your heart and help your children do the same!

**Chapter Five ~ Session Notes***Communication Practice*

The SEE and HEAR pie-pieces on the “I” Language Chart are pulled out because in the United States of America, those are the only two statements that will hold up in court. Therefore, they are the strongest and best to use first.

**SCENARIO #1 ~ SLIDES 12 - 19**

**Directions:** Show slides 12 through 15, then have the class brainstorm on the lines below what they would say in this situation. After the class discusses their various responses, show slides 17-19.

*As a teen gets out of the car at school his mom asks him to come right home to help with some yard work. There are two problems. First, there isn't much time to talk about it.*

*Second, the teen and his friend have plans to stay after school to watch a ball game.*

This teenager needs to be respectful, and he hasn't told his mom about the promise he made to join his friend at the ball game.

His first priority is to help his mom quickly understand his desire to respect her and his willingness to be obedient. His second priority is to teach her about his plans, and offer to cooperate, possibly on a different day.

Which “I” message starter should he use to explain his concerns to his mom?

(It might be wise to apologize for not telling his mom his plans.)

---

**Write what you would say below:**

---



---



---



---



---



---



## SCENARIO #2 ~ SLIDES 20 - 26

**Directions:** Show slides 20 through 23, then have the class brainstorm what they would say in this situation. After the class discusses their various responses, show slides 24-26.

*You are tired and not feeling well. Your four-year-old keeps pounding on the door wanting you to play with him.*

Which “I” message starter should this parent use to explain the problem to her child?

---

What reasons might this little boy have for pounding on the door?

---

**Write what you would say below:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**SCENARIO #3 ~ SLIDES 27 - 34**

**Directions:** Show slides 27 through 30, then have the class brainstorm what they would say in this situation. After the class discusses their various responses, show slides 31-34.

***A friend asked you to babysit her out-of-control children. You know that when they have previously been in your care it has been nearly impossible to keep them safe because they don't listen to you.***

Which "I" message starter would you use to explain this problem to your friend?

---

It may be best to give yourself some time to pray and really think about what to say before responding to your friend's request.

It's always wise to check your calendar before setting a date so you might want to say: *"I need to check my calendar, can I get back to you tomorrow?"*

**Write what you would say below:**

---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---



---

# SCENARIO #4 ~ SLIDES 35 - 40

**Directions:** Show slides 35 through 37, then have the class brainstorm what they would say in this situation. After the class discusses their various responses, show slides 38-40.

*Your boyfriend wants you to come away for a weekend with him. He thinks it's okay to lie to your parents about where you will be and what you will be doing.*

Facing a tough conversation, which "I" message starter should this young woman use?

---

**Write what you would say below:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Chapter Six ~ Session Notes***Gifts To Give Your Family***1. Developing Godly Self-Images**

- Parents need to continually \_\_\_\_\_ God's messages. Constantly reminding their children — "You are loved by God and me."
- You and others are to be treated with respect and dignity because all people are created in \_\_\_\_\_ .
- God has placed you in my safekeeping. He expects me to teach you the difference between \_\_\_\_\_ and \_\_\_\_\_ .
- God knows with His wisdom, strength and support — you can \_\_\_\_\_ life.

**2. Dignity and Respect for Everyone**

- To develop self-respect kids need to \_\_\_\_\_ respect from those they love most.
- Children need to feel they are becoming \_\_\_\_\_ at solving their own problems.
- This family \_\_\_\_\_ and \_\_\_\_\_ each person for who he is. (Even if that person is different from us or is hard to understand.) They understand that ridicule , embarrassment and being \_\_\_\_\_ or \_\_\_\_\_ around are not respectful parenting tactics. (Treat and speak your children as you want them to treat you when they are taking care of you.)
- To reduce stress, the family's goal is that everyone has a \_\_\_\_\_ . Negative stress often adds to physical and emotional problems — it takes \_\_\_\_\_ for a person's body to recover from negative and hostile emotions.

**3. Being Christian Gives Life Meaning**

- Children of divorce are two times more likely to become a criminal so teaching sexual \_\_\_\_\_ is good for the whole country.
- 100% of death row inmate saw or experienced \_\_\_\_\_ .
- Christian families that value service to others develop a sense of \_\_\_\_\_ and learn that there is satisfaction in a job well done that is separate from financial gain.

#### 4. Family Togetherness

- Spouses \_\_\_\_\_ each other and there is a balance of \_\_\_\_\_ between them.
- Everyone provided with an opportunity to share what happened to me \_\_\_\_\_.
- Attention is paid to all the signs and symptoms of relational \_\_\_\_\_ within the home, especially to the non-verbal communication. Examples like: “nobody home syndrome, shrugged shoulders, rolled eyes, and slammed doors.
- After a conflict the noticeable pattern of re-connection in Christian families involves forgiveness and \_\_\_\_\_.
- A strong family unit is valued so parents plan a family meal together daily. They also have parental controls and guidelines in place concerning \_\_\_\_\_ - \_\_\_\_\_.
- Establishes lots of \_\_\_\_\_ (Where spend Christmas, where do you put the Christmas tree, and when you open presents). To children, do it once and it should be done that way from then on.
- Sense of history and \_\_\_\_\_ Children and grandchildren need to know they belong, family stories make connections between generations.
- Enjoys leisure, enjoys fun together & has a sense of \_\_\_\_\_.
- Uses humor positively Not-malicious teasing, \_\_\_\_\_ or \_\_\_\_\_.

#### 5. Critically Important Health Habits

- *Healthy Eating*
  - \_\_\_\_\_ is for bodies what oil is for a car.
  - It's important to keep the sugar and salt filled snacks as only an \_\_\_\_\_ treat, for example once or twice a week rather than as a bribe for good behavior and a constant in their diet.
- *Overall Health*
  - Germs are everywhere! The best defense against them is to \_\_\_\_\_ your hands.
- *Teeth Are For A Lifetime*
  - The first rule about baby teeth is to \_\_\_\_\_ them. Those little teeth help shape children's mouths and help them learn to talk.
- *Sleep*
  - Children who get enough rest have fewer \_\_\_\_\_ problems and their \_\_\_\_\_ system functions better enabling their bodies fight off colds and infections.

- *Exercise*
  - Human bodies were created for \_\_\_\_\_. Movement brings oxygen into the body which helps it grow and stay healthy.
  - Getting everyone in the family out for some \_\_\_\_\_ is a great way to have fun together while demonstrating the importance of caring for your body.
  - \_\_\_\_\_ children run the increased risk of developing major illnesses like diabetes arthritis, cancer, and heart disease which steal years from their lives.
- *Safety gear*
  - Car accidents are a major cause of the loss of life. Car seats, \_\_\_\_\_ - \_\_\_\_\_, and \_\_\_\_\_ save lives.

## 6. Healthy Families Admit Their Problems & Seeks Help

- There is no shame in asking for help. \_\_\_\_\_ on your family's strengths will help you get through times of trouble.

(Check out page 213 – the \_\_\_\_\_ is for days when parenting is especially stressful.)