

## *Parental “Job-Aid”*

This job aid is filled with strategies for the times when your kid’s behavior causes you to feel out of control or when parenting gets overwhelming. God’s presence, His willingness to help, and His unfailing love will get you through those times.

1. You fail your children only if you stop praying for them (1 Samuel 12:23).
2. Taking your children’s behavior personally puts your emotions on a roller coaster. Jesus wants you to rest in His peace so discuss concerns, worries, and disappointments with Him. He promises you are never alone and that He will make you better than you are (John 14:18).
3. It usually takes years to learn the things worth passing along to your children and even longer for your children to implement them in their own lives. For example, remember it takes the average student at least ten times of seeing, hearing, reading, writing, or practicing something before they earn a “C” grade.
4. It is important to take a deep breath. When you are angry, the adrenalin your body pumps into your brain shuts down your ability to breathe. It’s hard to think if there isn’t enough fresh oxygen getting into your brain cells to help you think clearly.
5. Until you cool down, pray while taking a walk, getting some exercise, or hiding out in your room. Tell the children you need a “time-out” to pray and think. Be sure they know when you will be available again or when you will come back to discuss the dilemma. Contrary to some ideas on parenting, it may be very good for your child to wait, knowing you are communicating with their Heavenly Father about their behavior. Ask God for help being the best parent in this moment, reminding Him that you trust His Holy Spirit to help you discover the motive and the most effective discipline methods. (John 14:14-16).
6. Ask yourself why you are angry, upset, disappointed, or discouraged (Genesis 4:6)? Is this child’s behavior defiant or a behavior they struggle with and you’ve corrected many times? Is the kid being a kid or are your feelings hurt? Are you embarrassed, were your expectations too high, or are you being forced into an uncomfortable situation where you need to correct the behavior in front of an audience because you can’t get to a private place?
7. Remember you are the parent—you are the adult—and your kids are learning how to manage their own emotions and behavior by watching what you do. For them to learn self-control, it’s important to see it modeled.
8. You are also modeling the importance of doing what is right and good. When your children see you “lose it” when you are angry, they focus on your anger instead of the lesson they should be learning. When you maintain your own self-control, the lesson to be learned is theirs alone.
9. Pray again, and know God goes with you to tackle the very thing Satan planned to use to make your walk with Christ powerless and ineffective.