



THE PARENT UPDATE

West Side Youth Ministry

WSYMatters

Jake Greer

Hello parents! I hope this Fall season is going well for you and for your family! October was full of great experiences like the Rake-n-Run, family hayride, Camp Caudle cookout, Fields of Faith, Friends and Family Day, and our lesson series on Jesus and Sticky Faith. Thank you all for participating! If you haven't jumped in yet...hold your nose and let'er rip! We'd love to have you around!

There are some big things happening with our student ministry in November and December so please make sure to check out www.westsideyouthministry.org often. The calendar on the website is updated regularly.



UPCOMING EVENTS

Feed the Funnel Party w/ Potluck

Sunday, November 8, 2015 at 8:00 AM to Sunday, November 8, 2015 at 2:30 PM

Feed the Funnel meal packing party w/ the Pack Shack starts at 1:00PM. Those participating will have a potluck lunch after morning worship. Be looking for more info later this week!

GIRLS | Homemade Cinnamon Rolls Class w/ Lenore Tripp & Tasha Greer

Saturday, November 14, 2015 at 10:00 AM to Saturday, November 14, 2015 at 12:00 PM

For the women of the WSYM. Moms are welcome...even the boy's moms! Family Center kitchen. Ingredient list will be shared soon. More info to come...

Coatdrive Giveaway

Saturday, November 21, 2015 at to Saturday, November 21, 2015 at 10:00 AM

Family Center. More details soon...

Need more info? Email me at jake@westsidear.org or visit us at www.westsideyouthministry.org

What? Good News for Parents of Moody Teens: It Will

HomeWord.com

The recent results of a long-term study of adolescents has some reassuring news for parents of moody teens. Researchers have found that most mood swings will decline as teens get older.

"We found that early adolescence is the period of the greatest volatility, but adolescents gradually stabilize in their moods," according to Hans M. Koot, professor of developmental psychology at VU University Amsterdam and the EMGO Institute for Health and Care Research, a coauthor of the study. "An important message to teens, parents, and teachers is that temporary mood swings during early adolescence might actually be normal and aren't necessarily a reason to worry."

The study found that over adolescent years, teens' moods of happiness, anger, and sadness became more stable. Anxiety was the only mood that did not align with the overall pattern of stabilization, fluctuating between seasons of more and less anxiety.

The researchers suggest that teens who continue to demonstrate extreme mood swings as they age may need to be monitored more closely, as the lack of mood stabilization may be an indicator of emotional, behavioral, and interpersonal problems.

Now What?

- Adolescence is a season of life when teens experience intense emotions. In a real way, they are experiencing "new" adult-like emotions. Emotions like anxiety, worry, frustration, anger, inferiority, passion, and fear can occur with ferocious intensity. It will take time for your kids to learn how to handle and manage these emotions. Be patient.
- Try not to overreact to your teen's extreme mood swings, but do make the effort to help her or him to understand their emotions and to channel them in healthy ways.
- Do your best to be a healthy role model of emotional stability and consistency. Provide opportunities for your teens to get an insider's look at how you handle your emotions.
- Be a good listener. Become the emotional "safe place" that your teen needs to share and process their feelings.
- If your teen continues to experience extreme mood swings as he or she gets older, don't hesitate to seek an evaluation from a healthcare professional.

Quick Fixes: Exceptional Parents Are Intentional Parents

Doug and Cathy Fields

Let's begin with some truth telling: Parenting is difficult!


Yes, it's hard. But what you do as a parent every day and every week matters. Your actions---over time---are the single greatest influence in the life of your child.

Still, many parents wind up relying on quick fixes as a parenting style. Simply put, parenting becomes about fixing kids' problem behaviors or the agony parents experience because of these behaviors. Parents use quick fixes to achieve some short-term wins---to fix current problems---but over time the strategy falls and fails because there is no connection to a long-term purpose and no intent to lead a child from Point A to Point B. Using quick fixes to solve problems do not help kids grow up to become healthy and independent young adults.

We'd like to suggest a better way: you can become an exceptional parent when you choose to be an intentional parent.

We didn't do everything right as parents, and you won't either. But we made the choice to fight against Quick-Fix Parenting in order to become Intentional Parents. And along the way we discovered 10 intentional actions that are key to becoming intentional parents.

- 1) Intentional parents have strong belief. Intentional parents believe that they are the most significant influence on their children.
- 2) Intentional parents understand they are 24/7 role models. They make a deliberate choice to be vigilant about the examples they set for their kids by how they live their lives.
- 3) Intentional parents use encouraging words. Encouraging words are positive, life-giving, powerful, and memorable. They are like food for your child's soul.
- 4) Intentional parents offer genuine affection. Appropriate and regular physical affection gives kids more security, better self-esteem, and healthier emotional balance.
- 5) Intentional parents provide consistent presence. They plan, strategize, and sacrifice in order to be present in their lives of their kids.
- 6) Intentional parents create a peaceful home. A peaceful home is a safe home, giving kids a shelter from the storms of life.
- 7) Intentional parents use delicate discipline. Discipline and love go together; they provide kids with needed guidance, care and concern.
- 8) Intentional parents activate responsibility. They provide opportunities for their children to develop responsibility and pursue healthy independence.
- 9) Intentional parents create positive memories. For better or for worse, your kids will carry family



memories into adulthood. Intentional parents pursue a path to ensure kids will have a flood of positive memories.

10) Intentional parents provide serious fun. They work to nurture and model a home environment where laughter and fun is the rule, not the exception.

Doug and Cathy have created two resources to help parents dig deeper into the important topic of becoming intentional parents. You can find their Intentional Parenting DVD and Workbook at www.dougfields.com

More Than Giving Thanks

Jim Liebelt, HomeWord.com

For many, Thanksgiving Day is a favorite holiday. It's hard to beat a holiday that includes family, friends, great food, and football. It is appropriate and good that on this day we turn our family's focus to give thanks to God for all of His blessings to us.

Yet for most of us, a passing thought of thanks, reading a poem, article, or story about thankfulness, and a prayer before dinner is about the extent of that focus. It is interesting however, that in generations past, our national day of thanksgiving also included a focus on confession of sin, and on praying that we might be the kind of people, families, and nation God wants us to be.

"And also that we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations and beseech Him to pardon our national and other transgressions; to enable us all, whether in public or private stations, to perform our several and relative duties properly and punctually; to render our National Government a blessing to all the people by constantly being a Government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed..."

- George Washington's Thanksgiving Proclamation, 1789.

"And I recommend to them that while offering up the ascriptions justly due to Him for such singular deliverances and blessings, they do also, with humble penitence for our national perverseness and disobedience, commend to His tender care all those who have become widows, orphans, mourners or sufferers in the lamentable civil strife in which we are unavoidably engaged, and fervently implore the interposition of the Almighty Hand to heal the wounds of the nation and to restore it as soon as may be consistent with the Divine purposes to the full enjoyment of peace, harmony, tranquility and Union."

- Abraham Lincoln's Thanksgiving Proclamation, 1863.

So, this Thanksgiving season, while you are enjoying the blessing of home, family, friends, and food, even as we give thanks for the blessings we enjoy, let's also remember that giving thanks to God is only part of our spiritual responsibility. Let's pass along a legacy to our kids where they understand that in addition to thankfulness, we are also called to confession of sin and to ask God to help our families (and as a nation) to walk in obedience Him; to pursue all that is right and good, in step with His desire for our lives.

Help Your Kids Develop an Attitude of Gratitude

Jim Burns

Here we are in the Thanksgiving season again! I love the Thanksgiving holiday partially because gratitude is such an important character trait for Christ-followers. Christians have a special reason to adopt the attitude of gratitude, because we know that whatever comes, our times are in God's hands. It was Jesus who said, in effect, "So don't be anxious about tomorrow. God will take care of your tomorrow, too," (see Matt. 6:34).

If you want to help your kids develop an attitude of gratitude in the run-up to Thanksgiving Day, I encourage you to try an experiment that might radically influence your family. It's called "Thank Therapy." Thank Therapy is simply focusing on the many things in your life for which you can be thankful. The first time I tried this, I took out a notebook and wrote at the top, "Twenty Reasons Why I'm Thankful." The first few were easy; but I really struggled to write down twenty reasons why I was thankful. Thank Therapy is simply an act of the will to concentrate on the good and not the bad.

No matter what your family circumstances, you can find reasons to be thankful. As a family, take a few minutes, grab a notebook and pen, and make your list of things for which your family is grateful. When you focus on positive things in your life and give thanks for them, the load seems lighter. Make thankfulness a habit in your family and watch good things happen.

Christians have every reason to be thankful because Jesus Christ was willing to sacrifice his very life in order to set us free from the constraints of sin. Paul explained it this way: "But God demonstrates his own love for us in this: While we were still sinners, Christ died for us," (Rom. 5:8). With this expression of love, we can begin to understand the depth of thankfulness that can transform our hearts. Yes, your family circumstances might be difficult. But because you have a Lord who cares for every aspect of your family life, you can be assured you're not alone in your struggles.

Building this attitude of gratitude into the lives of your kids now will be a source of strength throughout their lives. Don't let this opportunity to build your family pass you by. Begin building a family culture of thankfulness as soon as possible! Practice Thank Therapy!