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# parenting CHRISTIAN kids



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## Help Kids Find Their Worth in Jesus

### POWERSOURCE

#### ASK GOD:

1. To help your children base their value on God's view of them, not the world's.
2. To assure your children of God's—and your—love for them.
3. To instill gratitude in your kids for their God-given gifts and talents.

The self-esteem movement has slowed, with experts now emphasising the importance of failure and risk-taking. But healthy self-esteem is still a positive trait.

Children who feel good about themselves tend to be responsible, tolerate frustration, accept challenges, and work happily alone. By contrast, those with low self-esteem are more likely to feel insecure, blame others for personal weaknesses, make self-demeaning comments, be easily influenced, and avoid anxiety-producing situations.

Self-esteem based on other people's view of us or their praise may waver from day to day. Yet God's view of us remains constant. For children to have a

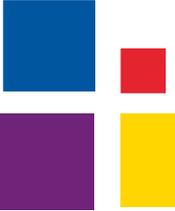
Christian self-concept, they must see themselves as God does: as his beloved children.

Help your kids root their worth not in looks or performance but in their relationship with Jesus.

**Let children know that God loves and values them.** Remind them that Jesus died for their sins so they can go to heaven with him.

**Celebrate each child's God-given strengths.** Instead of praising your kids all the time, thank God for giving them talents to serve him.

**Teach children to accept failure.** When problems arise, don't jump in to save the day. Pray for guidance together, and remind kids that God is always in control.



## You Are Precious to God!



### TEACHABLE MOMENTS

#### Kids of the Kingdom

You'll need paper plates, markers, tape, and craft sticks. Have each family member draw a self-portrait on a plate. Turn it into a hand-held mask by taping a craft stick to the back. Then have each person write (or draw) on the back three things they like about themselves.

Put all the masks in a pile on the floor. Have each person choose a mask that's not their own. Take turns reading the lists aloud and guessing whose mask each person is holding.

**Ask:** What made it easy or hard to list things you like about yourself? What makes each of us special?

**Read aloud 1 Peter 2:9. Ask:** What does this verse say about who you are? Say: We're chosen by God! We're royalty! Think of that the next time you need to feel better about yourself. Close in prayer, thanking God for making each of you special in his eyes.

It's clear from the Bible that Jesus values children. But children don't always feel valuable. As they become exposed to advertising, media, and now social media, kids start comparing their looks and abilities, often coming up short. Self-esteem especially takes a hit during early adolescence. Help meet preteens' unique needs by banning the use of putdowns, being quick to express and ask for forgiveness, seeking kids' opinions, encouraging friendships with Christian peers, promoting teamwork not competition, and helping kids give and receive compliments comfortably. Use these ideas to nurture healthy self-esteem in children of all ages.

**Positioned for Success**—Create achievable yet challenging tasks for children. If your child is shy, for example, help him or her take some cookies to a neighbour. Then gradually encourage your child to try increasingly difficult tasks, eventually without your help.

**Marble Roll** Gather marbles, water, flour, and a tabletop. Dip the marbles in water and roll them back and forth to each other. Ask: "What was it like to roll and catch the wet marbles?" Then dip the wet marbles in flour and try rolling them back and forth. (Make sure there's enough flour to cause resistance.) Ask: "What happened when we changed one thing with the marbles? How does the way you feel about yourself change as you grow up?" Have an age-appropriate discussion about good and bad changes that affect self-esteem. Remind kids that no matter what they do, their value always comes from God, who loves them unconditionally.

**The Last Shall Be First** Serving gives children an indestructible, independently rechargeable self-worth boost. Create opportunities for kids to share their God-given talents with people in need. For example, they can read aloud, sing, or play music at a nursing home. They can also write letters to or draw pictures for residents.

**Yarn Circle** Make a yarn circle on the floor that all your family members can stand in. Have everyone stand several steps away from the circle. Say: "If you can answer yes to a question, take a step toward the circle." Ask: "Does God love you? Is there something special about you? Do you like to laugh and have fun? Do you make mistakes sometimes? Are you a good friend?" Encourage family members to move forward with each question. When everyone's in the circle, say, "You are all so special to God!" End with a group hug.

**Crowned With Glory** Gather a Bible, some garland, and Mylar streamers. At dusk, go outside and ask: "When you look at the world around you, what reminds you of God's greatness?" Read aloud Psalm 8:3-5. Ask: "Why do you think people are important to God? How has God shown you that you're important to him?" Read verse 5 again. Say: "God must think pretty highly of us to treat us this way." Make shiny crowns with the garland and streamers. Then say each person's name, followed by "...is important to God."

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Real. Bold. Love.

**"The very hairs on your head are all numbered. So don't be afraid; you are more valuable to God than a whole flock of sparrows."**

**—Luke 12:7, NLT**

# MEDIA MADNESS



## MOVIE

**Title:** *Finding Dory*

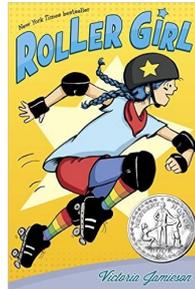
**Genre:** Animated comedy adventure

**Rating:** Not yet rated (likely G or PG)

**Cast:** Ellen DeGeneres, Albert Brooks, Diane Keaton, Ty Burrell, Eugene Levy

**Synopsis:** Pixar's follow-up to the 2003 hit *Finding Nemo* features the lovably forgetful blue tang fish. After recalling some childhood memories, Dory sets out with Nemo and Marlin to find her family. They head to a marine-life institute and meet a colorful cast of sea life.

**Our Take:** Despite the 13-year gap between these films, expect *Dory* to ride the waves of the original film's success. As in *Nemo*, scenes of peril may frighten younger viewers. After viewing the movie, talk to children about the meaning of family.



## BOOK

**Title:** *Roller Girl*

**Author:** Victoria Jamieson

**Synopsis:** This heartwarming graphic novel—a Newbery Honor winner and *New York Times* best seller—is about friendship, girl power, and surviving the transition to middle school. When her best friend signs up for dance class, 12-year-old Astrid chooses roller-derby camp instead. Can their relationship survive? Is it okay if it doesn't?

**Our Take:** This book emphasizes perseverance and doing what you love, regardless of what others think. In a world trying to push girls into pretty pink boxes, Astrid hip-checks those labels and works to discover who she really is. A word of caution: Mean kids at school make a crude nickname out of Astrid's name.

## Games, Sites & Apps

### Sustainaville

Players can make a difference in the real world with this free, charity-driven game from Save the Children. They build virtual villages and help communities overcome famine and natural disasters. In-game donations go directly to save real-life kids.

### HowStuffWorks.com

When holiday doldrums hit, keep kids learning about topics that interest them. This site is full of useful knowledge about a wide range of topics. Children will especially enjoy learning about animals, health, and science. (Other topics are geared more toward adults.)

### LumiKids Park

This free, award-winning app is geared toward kids ages 2 to 5. It features a colorful playground with games that develop players' cognitive skills (memory, sorting, coordination, problem-solving, etc.). Parents can receive weekly updates on their child's progress.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



## QUICK STATS

**Quiet Down!** Noise is more distracting to a child's brain than to an adult's, according to researchers. This can affect kids' ability to learn, because their brains have a tough time processing speech and background noise. ([scienceupdate.com](http://scienceupdate.com))



**Strong-Willed Perks** A 40-year study of 700 subjects found a correlation between strong behavioral traits in children—such as defiance and stubbornness—and success later in life. ([time.com](http://time.com))