



Practical Christian Parenting

PRINCIPLES OF CHRISTIAN PARENTING

A Gift and Responsibility



*"Here am I and the Children
Whom the Lord has given me."*

Is. 8:18

- A GIFT:
 - "Behold, children are a heritage from the Lord, the fruit of the womb is a reward." (Ps. 127:3)
- AND A RESPONSIBILITY:
 - "And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord." (Eph. 6:4)



A Gift and Responsibility



*"Here am I and the Children
Whom the Lord has given me."
Is. 8:18*

- TO TEACH THEM:

- "And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up." (Deut. 6:6-7)

- THE FAITH

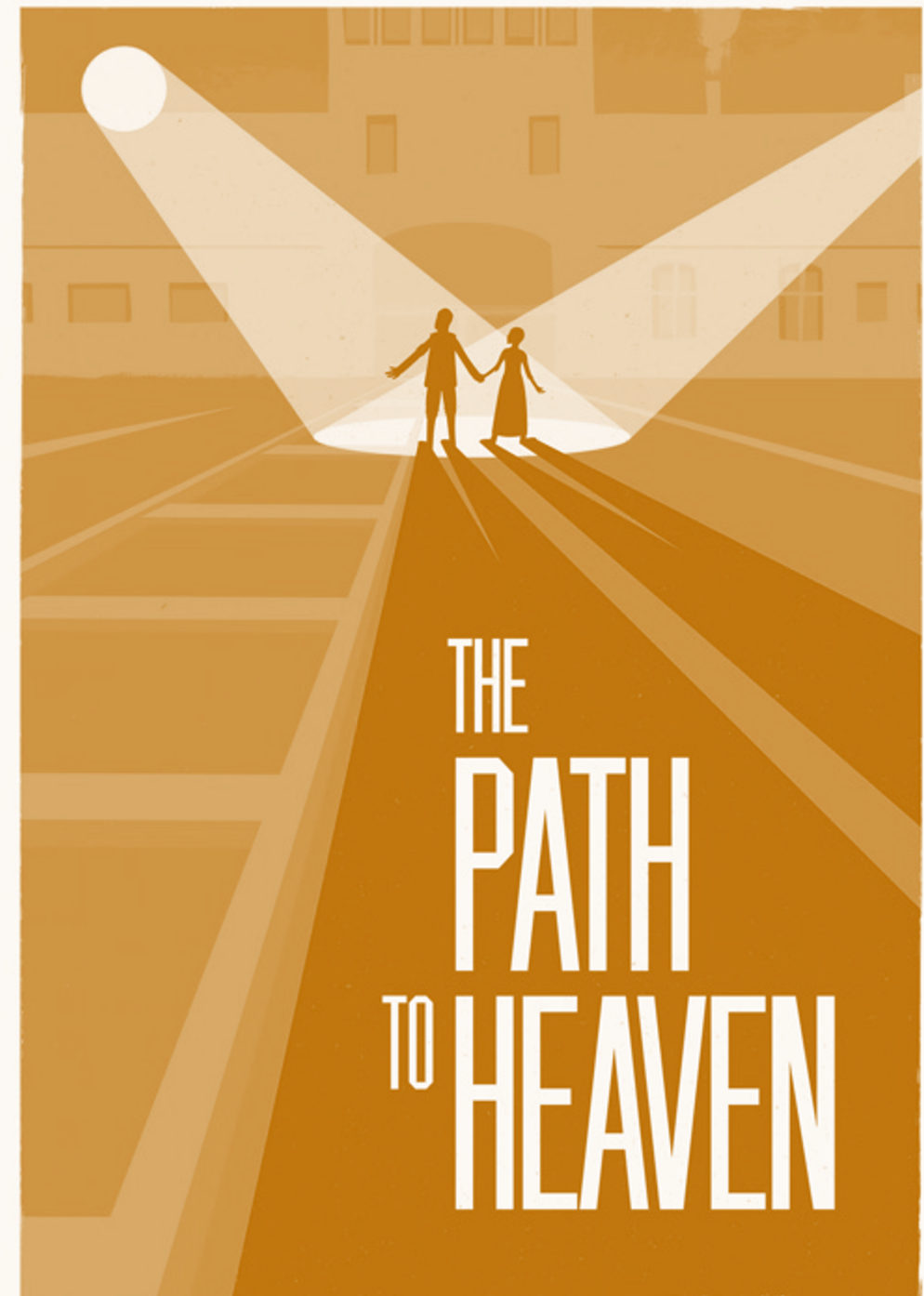
- "I call to remembrance the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also." (2 Tim. 1:5)



Parenting is ...

the act of caring for a child rather than the biological connection to a child.

- Parent ≠ Biological Father/Mother ≠ Provider
 - We are to meet all their needs: daily needs (physical, emotional, spiritual), keeping them healthy and offering a good education.
 - To gear child toward his purpose:
 - “For You formed my inward parts; You covered me in my mother’s womb.” - Psalm 139:13
 - “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future” - Jeremiah 29:11



Parenting is ...

the act of caring for a child rather than the biological connection to a child.

PARENTS BEWARE

Of short term goals:

“A Task to complete”



Parenting is ...

the process of raising a child from birth to independent adulthood

- Process of humanization
 - Raising Adults
 - Ready to integrate society, to serve their churches & communities
 - "Train up a child in the way he should go, and when he is old he will not depart from it" - Proverbs 22:6
- St. John Chrysostom said, "If the good commandments are imprinted on the soul while it is still young, then no one can destroy it... The child still has fear and awe in his sight, his speech, and in everything else."
- "It is easy to lead him since he doesn't have to struggle for honor or greatness, because he is still a child. He doesn't have a wife or children. What reason does he have to be arrogant or to speak evil? He competes only with his peers."

Parenting is ...

the process of raising a child from birth to independent adulthood

PARENTS BEWARE

Of short term goals:

“A peaceful home”



Parenting is ...

facilitating the upbringing of a child through all stages of development

- Adapting to changes in needs
 - Toddlers and young children need stimulation, help regulate their emotions, be entertained, be given space to grow, experiment, discover while hand-held as needed.
 - As they get older, they need less hand-holding, more guidance, listening ears, emotional support, etc.
 - This provides mental and emotional stability

DON'T PANIC

Parenting is ...

*facilitating the upbringing of a child
through all stages of development*

PARENTS BEWARE

Of short term goals:

“Protecting children from struggle”



DON'T PANIC

- Passing on to the the orthodox faith
- They are deposit of God
 - "Here am I and the children whom the Lord has given me."? (Is. 8:18)

Parenting is ...
*raising children to be
children of God*



“The primary lesson for life must be implanted in the soul from the earliest age. The primary lesson for children is to know the eternal God, the One Who gives everlasting life.”

- SAINT CLEMENT OF ALEXANDRIA -

- Parents are sculptors
 - "like ones who make statues, removing the excess and correcting the imperfections. They examine their children day after day to see what virtues they acquired so as to instill more of it and what shortcomings they have so as to remove." ... "We have to care for these beautiful statues in our hands to shape them for the sake of God. They are not hard and inanimate, but the King of the universe has desired to dwell in them. Therefore, let us use God's words to form the child, because you raise a philosopher (a godly wise person) or a hero racing towards the Kingdom of God to become a heavenly citizen." - St. John Chrysostom

Parenting is ...
*raising children to be
children of God*



“The primary lesson for life must be implanted in the soul from the earliest age. The primary lesson for children is to know the eternal God, the One Who gives everlasting life.”

- SAINT CLEMENT OF ALEXANDRIA -

Parenting requires ...

us to work on ourselves constantly and to lead by example

- "Children have never been very good at listening to their elders, but they have never failed to imitate them." — James Baldwin (an educator)
- Working on:
 - On our priorities
 - On our time management
 - On our habits
 - On our mental state
 - On our speech
 - On our actions

IMPRINTING



"Children learn more from what you are than what you teach."

- W.E.B. Dubois

Parenting requires ...

us to work on ourselves constantly and to lead by example

IMPRINTING



PARENTS BEWARE

Of short term goals:

“Being the perfect parent”

“Children learn more from what you are than what you teach.”

- W.E.B. Dubois

Parenting requires...

us to be mindful of our parenting history/habits

like father
like son

- Do not settle: "We were raised that way and we turned out just fine". Cultures & Societies change and evolve.
- Attachment research tells us that the biggest predictor of how we will be as parents is how much we've been able to make sense out of our own past.
- Notice the ways our history is infiltrating our parenting:
 - Imitating
 - Overreacting
 - Projecting
 - Getting Triggered

"No variables have more far reaching effects on personality development than a child's experiences within the family. Starting during his first months in his relations to both parents, he builds up internal working models of how attachment figures are likely to behave towards him in any of a variety of situations, and on all those models are based all his expectations, and therefore, all his plans, for the rest of his life."

- John Bowlby (1973), Attachment and Loss

like father
like son

Parenting requires ...


*us to be mindful of our
parenting history/habits*

PARENTS BEWARE

Of short term goals:

“Protecting our Pride”

Parenting requires... *us to be a model of prayer, a model of repentance*



"The sanctity of the
parents is the best way of
bringing up children in the
Lord."

- The Gethsemane model
- Lady seeks guidance for daughter with Fr. Matthew the Poor.
- Talk more to God about your children than you are talking to your children about God.
- "Don't worry that children never listen to you, worry that they're always watching you" - Robert Fulghum
- Teach them the basic principles of prayer & virtues



We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.

{ { Cummings

Parenting requires... *us to be emotionally mature and available*

- Teach emotional intelligence
 - Make Time: *10-15 Minute Parenting Solution*
 - Be Present: *Be there when they encounter all feelings (sadness, joy, anger, curiosity, pain, frustration, excitement, etc...)*
 - Be a Safe Haven: *No Judgement, no pressure*
 - Organize their Feelings: *Ensure they know you get it, through your method of communication.*
 - Respect them: *Do not belittle their emotions*
 - Delight in them: *in the midst of different emotions*



Summary

Parenting is...

... the act of caring for a child rather than the biological connection to a child

... the process of raising a child from birth to independent adulthood

... facilitating the upbringing of a child through all stages of development

... raising Children to be Children of God

Parenting Requires...

... us to work on ourselves constantly and to lead by example

... us to be mindful of our parenting history/habits

... us to be a model of prayer, a model of repentance

... us to be emotionally mature and available
