A person wearing a mask

Description automatically generated with low confidenceA close up of a flower

Description automatically generated with medium confidence

From the Series

God, His People, and the Pandemic

***“Pandemic Proof Parenting”***

**Scripture Reading: Proverbs 22:1-6**

**Today’s Focus:** The stability of a nation is based on its \_\_\_\_\_\_\_\_\_\_\_ ability to survive personal pandemics.

What is a “Personal Pandemic”? Personal Pandemic – when your personal coping \_\_\_\_\_\_\_\_\_\_, emotional tolerance, and practical \_\_\_\_\_\_\_\_\_\_\_\_ are all overwhelmed.

Key things to keep in mind…

* Do not parent your children based on your experience or \_\_\_\_\_\_\_\_\_\_\_.
* You are always parenting, intentionally or unintentionally.
* Time is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and every moment is significant

**Physiological Needs** – air, water, food, shelter, sleep, clothe [1 Timothy 5:8]

1. Parents must establish patterns that coach toward self-\_\_\_\_\_\_\_\_\_\_\_\_\_ ability, that value self-sufficient (not independent) living (children are a contributing part of a unit).
2. The values of \_\_\_\_\_\_\_\_\_\_ vs \_\_\_\_\_\_\_\_\_\_\_\_ established early in life. (With needs, pleasure is not the highest priority).
3. You must have planned \_\_\_\_\_\_\_\_\_\_\_\_\_\_ to support a pattern of advancement and growth.

**Safety Needs** – Personal Security, predictability, normalization [Psalm 27:5]

Children feel safe when their environment is structured, and they know what is happening next.

1. Governing principles that guide your \_\_\_\_\_\_\_\_\_\_\_\_\_ (family constitution)
2. A consistent at least weekly gathering time (family night, weekly dinner, etc.) that is a time of \_\_\_\_\_\_\_\_\_ non-judgmental dialogue.
3. Individual growth objectives set annually but discussed monthly in a non-prosecutorial way.
4. Patterns of \_\_\_\_\_\_\_\_\_\_\_\_ that reflect responsibility [bedtime, mealtime, home routines, etc.]

**Love & Significance** – Intimacy, sense of connection, understood [Ephesians 6:4]

NOTE: exasperate = intensely irritated, frustrated, and a since of hopelessness

Testing to see if you exasperate your children

1. Are there \_\_\_\_\_\_\_\_\_\_\_ safe in conversations with you?
2. Are do they assume you see/notice their \_\_\_\_\_\_\_\_\_\_\_\_\_ more than their value?
3. Can they share with you their mistakes, shames, and regrets as a \_\_\_\_\_\_\_\_\_\_ place?

**Esteem** – Respect, Status, family value, recognition, and acceptance [Ephesians 4:29]

**Self-Actualization** – desire to become the best they can be [Philippians 4:13]