



THE PARENT UPDATE

Woodland Baptist Church

Parent Ministry

Lance Mayes

We are entering a season of thanksgiving. What are you thankful for? I am thankful for the students in our church and their families! You all are such a joy to me.

Another thing I am thankful for are opportunities. I love to do things. I have recently become a Kids Hope mentor at Larkspur. I think this experience will be rewarding not only for the student, but for me as well. How are you putting hope in action?

Find more helpful resources online at woodlandbc.org/youth-parents.

Peace & Blessings!

Lance



UPCOMING EVENTS

Food Truck Friday

Friday, November 13, 2015 at 7:30 PM to Friday, November 13, 2015 at 7:30 PM

The Fridge Food Truck will be here along with live entertainment from Dulcimers & Strings.

Habitat Landscape Day

Saturday, November 14, 2015 at 7:00 AM to Saturday, November 14, 2015 at 2:00 PM

Must be at least 14 years old. Our friends from Iglesia Bautista Emanuel will be here to help. Join us at 7:00 am in the Youth Building for breakfast. Lunch will be provided on site. We get to participate in the home dedication this year!

Game Night

Saturday, November 14, 2015 at 7:30 PM to Saturday, November 14, 2015 at 9:30 PM

We'll have some fun with our friends from Iglesia Bautista Emanuel! All students (7th-college) are invited!

Need more info? Email me at lance@woodlandbc.org, call the hot line: 385.355.3922 or visit us at woodlandbc.org

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!

Culture Snapshot: Teens and Smartphone Addiction

HomeWord.com

Recent studies point to some troubling aspects of teenagers' use of their smartphones.

In one study, research from the Wales Institute of Social and Economic Research found that about 20% of teens wake up in the middle of the night to check their smartphones for recent notifications or to post their own status updates. The researchers found that these students almost always go to school the next day feeling tired.

In another study from Glasgow University, researchers found that teens who use their smartphones overnight are at increased risk for anxiety and depression.

A third study, by researchers at Baylor University, suggests that smartphone use -- both for adolescents and adults -- may be as addictive as alcohol and drugs -- a conclusion reached because researchers determined that some smartphone users demonstrate similar behaviors to alcohol and drug addicts.

What Can Parents Do?

Be proactive in setting guidelines for smartphone usage with your teens and tweens. The sooner you begin smartphone usage conversations with your kids, the better.

Be sure to set expectations for overnight usage for phones. Our recommendation: establish a location in your home to dock/charge all smartphones overnight. Establish a no overnight usage policy for everyone (including parents) and the times (like 9:00 p.m. to 6:00 a.m.) for when the phones are off-limits.

Monitor your teen's smartphone usage. Creating the understanding that you will periodically monitor phone usage time can help motivate your teen to be responsible.

Establish regular smartphone "fasting" days for your family. This will help kids understand that it's possible to survive without technology. They may even learn to enjoy these days.

Be an advocate for your teen to experience more face-to-face interaction with their friends.

Evaluate whether your teen is demonstrating any signs of smartphone addiction.

According to the website, teensafe.com, some potential signs of smartphone addiction are:

- uncomfortable withdrawal symptoms when teens aren't allowed to use their smartphone
- weight loss
- insomnia
- anxiety
- feeling "phantom phone vibrations"
- isolation from friends and family.

We highly recommend buying the parent smartphone guidebook, *Should I Just Smash My Kid's Phone?*, by Doug Fields and Jonathan McKee, for an in-depth look at this issue.

What to Teach Your Kids About Friendship

Jim Burns

Vital friendships help to provide the support system people need to thrive in life. To raise healthy kids, parents need to help teach characteristics of true friendships so that when the inevitable storms blow through our kids' lives, the encouragement of real friends can provide them with the help they need to survive.

The most important method for teaching your kids what true friendship looks like is by role-modeling what it means to be a true friend in your own relationships. If you are married, demonstrate openly the value of your friendship with your spouse! Remember, your kids are watching and they are very likely to learn the meaning of friendship from your example.

Here are some proven characteristics that build value into friendships. Pass these along to your kids by living them out in your own friendships!

- 1) Good communication. Lasting friendships are built on the principles of good communication. True friends open their lives to share their thoughts and feelings with one another. Friendships that stand the test of time don't dominate or refuse to participate in communication.
- 2) Be a good listener. Listening is the language of love. To grow lasting friendships, learn to listen well.
- 3) Don't manipulate. When relationships turn to manipulation, friendships die. Manipulation shows up when friends become "clingy," when they constantly seek to be pitied, or when they attempt to control another.
- 4) Be humble, on equal footing. True friendships are the result of humility and treating one another equally on the journey of life.
- 5) Be available. When people are frequently unavailable to others they send the message that they aren't interested in maintaining the friendship. Nothing is more important in friendship than the gift of availability.
- 6) Be encouraging. This doesn't mean that long-time friends never disagree or argue. It does mean, that on the whole, friends provide plenty of affirmation and encouragement.
- 7) Sacrifice. A lasting friend is one that walks the extra mile and can be depended upon even when it's inconvenient.
- 8) Be loyal. Loyalty is a key ingredient to true friendships and a trait that is sorely missing in our culture today.
- 9) Tell the truth. Nothing destroys friendship quicker than dishonesty. Sometimes, telling the truth means being willing to admit your faults, or lovingly confront theirs, even when it hurts.
- 10) Forgive and Forget. This may be easier said than done, but true friendships are ones that



"get-over" the hurts and offenses that are part of any relationship.