



THE PARENT UPDATE

Woodland Baptist Church

Advent Season

Lance Mayes

What a beautiful start to the Advent Season here at Woodland! Several of our student families have been involved in worship. We even have some of our youth leading in worship with a Musical Celebration. Thank you all for serving!

We sent home 3 Devotional Boxes with each student. Have you seen your child doing the daily activities? Encourage them! It will help prepare them for Christmas in a fun, interactive way.

Are you on our email list and/or our text list? Have you found us on Facebook, Twitter and Instagram? We will be sending resources just for parents beginning in January 2016! Catch up with everything at woodlandbc.org/youth-parents.

UPCOMING EVENTS

Youth Christmas Party

Sunday, December 13, 2015 at 5:30 PM to Sunday, December 13, 2015 at 7:30 PM

Caroling at Arden Courts, eating, exchanging White Elephant gifts and more! Bring a friend and a White Elephant gift (If you buy something, spend no more than \$5. You can always re-gift something!)

Advent Four Concert

Sunday, December 20, 2015 at 7:00 PM to Sunday, December 20, 2015 at 8:30 PM

Woodland's Sanctuary Choir presents this concert accompanied by full orchestra. It's free so come early so you will get a seat!

Student Lock-In: Media Mania

Sunday, January 17, 2016 at 8:00 PM to Monday, January 18, 2016 at 8:00 AM

School is out on 1/18 for MLK Day so we rescheduled the locking for Sunday night! Students are encouraged to bring their friends. Students and volunteers sign up online and take our media survey: woodlandbc.org/student-lock-in.

Need more info? Email me at lance@woodlandbc.org, call the hotline: 385-355-3922 or visit us at woodlandbc.org

Now What? Too High Parental Aspirations Can Hurt Kids' School Performance

HomeWord.com

New research suggests parental ambitions can benefit or harm a child's academic achievement.

If a parent's expectations are realistic, children tend to do better in school. However, if the goals are unrealistic, then the child may not perform well in school.

"Our research revealed both positive and negative aspects of parents' aspiration for their children's academic performance. Although parental aspiration can help improve children's academic performance, excessive parental aspiration can be poisonous," said lead author Kou Murayama, Ph.D., of the University of Reading. The study was published in the Journal of Personality and Social Psychology.

Researchers found that high parental aspiration led to increased academic achievement, but only when it did not overly exceed realistic expectation. When aspiration exceeded expectation, the children's achievement decreased proportionately.

Now What?

- Parents should set realistic expectations for their child's academic potential and then encourage and coach them to reach that potential.
- Encourage your children to do their best, learn all they can, and do the best they can do. Intervene when they do not, and affirm them when they live up to their academic potential.
- Parents should be careful to not push their kids beyond realistic academic expectations. When kids fall short of their parents' expectations, they feel pressure which can lead to a sense of failure, and ultimately result in lower academic performance.
- Keep in mind that you can't push an average student into an overachiever by nagging or pushing. In fact, the more you get involved, the greater the likelihood the student will do worse, not better.

Culture Snapshot: Study Finds Religious Kids Are More Selfish

HomeWord.com

A recent study has found that children who grow up in religious households are more selfish, less empathetic and sensitive than those who grow up in non-religious households. The findings run contrary to the conventional wisdom that religion plays an essential role in childhood moral development.

The study was conducted by researchers at the University of Chicago, and published in the journal

Current Biology.

The research studied 1,170 children between five and twelve years of age from six different countries. Researchers identified three main religious types: Christians, Muslims, and non-religious. The study did not provide further breakdowns in data between distinctions within the three major groups.

Researchers found that Christian and Muslim children were less likely than non-religious children to share with others. Further, children from religious homes favored stronger punishments for antisocial behaviors than non-religious children.

Christian children were found to be less generous than non-religious children, but more generous than Muslim children. Christian kids judged meanness more harshly than non-religious children, but were less judgmental than Muslim children. Christian children were found to be more sensitive to injustice than both Muslim and non-religious children.

The study highlights the need for Christian parents to proactively teach their children to live out their faith in genuine and god-honoring ways. Christian kids need practical ways to put their faith into action and parents should encourage kids to be regularly involved in service and mission opportunities where they learn that the call to Christ is the call to love and serve others.

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

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.

No 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