



THE PARENT UPDATE

Woodland Baptist Church

Happy New Year!

Welcome to 2016

It seems like we say this every year, "I can't believe it is already 20XX!" and it is no different this year. Time is flying! (I found this article that was helpful to me: <http://bit.ly/1O0H5Oe>.)

Are you in to New Year Resolutions? I go back and forth. This year, I am thinking about SMART goals (and resolutions). SMART goals are Specific, Measurable, Attainable, Realistic, and Timely. This may help this year's resolutions stick, especially with an end point.

Have a student graduating from high school in a few months? Come to the FAFSA Workshop here at Woodland on 1/16/2016: <http://woodlandbc.org/financial-aid-workshop>.

Find us on Text, Facebook, Twitter and Instagram: woodlandbc.org/youth-parents.

Peace & Blessings!

Lance

UPCOMING EVENTS

Souper Bowl of Caring & Party

Sunday, February 7, 2016 at 5:30 PM to Sunday, February 7, 2016 at 9:00 PM

We are collecting food for the San Antonio Rescue Mission and having a party! Last year we collected 795 lbs. of food!

Bring your friends and join the fun!

Baylor Festival of Youth Choirs

Friday, February 19, 2016 at 3:00 PM to Sunday, February 21, 2016 at 10:00 PM

The Baylor Festival is a highlight of SAYC singing with singers from several different churches. The Dr. Pepper Floats are also a hit! See Edie Dutton to sign up. (Times are approximate.)

Student Spring Break Trip: Bounce!

Sunday, March 13, 2016 at 12:00 PM to Wednesday, March 16, 2016 at 12:00 PM

We are going up the road a few miles to San Marcos/Wimberley to work with Texas Baptists' Student Disaster Recovery efforts. (Times are approximate.)

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

Why Your Kids Want You to Set Boundaries for Them

Jim Burns

Do your teenagers really want boundaries? While I'm sure they will never seriously say to you, "Can you please add some more restrictions to my life?" they really do want to know what's expected of them and what the consequences of violating boundaries will be. In homes where parents set clear boundaries for their kids' behavior, kids are actually less likely to rebel---especially when parents take the time to discuss their expectations with them. Let me give you some reasons why kids want boundaries in their lives:

- 1) Boundaries provide a sense of comfort. When kids clearly know what is expected from them, the result is a sense of comfort. They don't have to be concerned regarding what you may or may not require of them behaviorally---or fear that you will constantly change the rules.
- 2) Boundaries provide a sense of security. Kids really do want to know what is right and what is wrong. They want some guidance in navigating life. Clear boundaries provide the stability and security that will allow them to thrive.
- 3) Boundaries mark out the "playing field" for freedom. In sports, a marked playing field lets players know where their boundaries are. Similarly, kids want their parents to set clear boundaries for them so they can know their "playing field"---where they can roam freely "in bounds." Boundaries, in this way, actually create freedom for teens.
- 4) Most teenagers don't really want to be totally free and responsible for themselves at this point in their lives. Kids who have no boundaries and are completely on their own in decision-making tend to feel isolated and are at risk for giving into peer pressure. Kids who have boundaries can use them as reasons to say no to inappropriate behaviors.
- 5) Kids want to gain their parents' trust---the trust that results from living within clear boundaries. Teens know that having your trust is the pathway to greater freedom and ultimately to adult independence. Kids who have clear boundaries and live within those boundaries understand that they are regularly making deposits into your "trust" account. This, of course, doesn't mean that kids with boundaries don't ever violate those boundaries or ever struggle with earning or regaining trust with their parents. Most do from time to time. Still, with boundaries in place, your kids will have a greater understanding of how to build trust with you.

Tips for Better Communication with Your Teen

Jim Burns

No one likes to be nagged. Yet many parents resort to nagging as a primary---though

negative---way to communicate their feelings and desires with family members. Positive communication is vital for maintaining a healthy family. Successful families talk and listen. Good communication takes work, but if you employ some of the following tips, you'll be on the road to improving your communication skills and the health of your family.

- Actively listen. Listening is the language of love. Listening communicates value, significance, and worth. Good listening skills include:
 - giving your undivided attention
 - looking beyond the content of the words by taking notice of tone and body language
 - maintaining an accepting and open attitude
 - using good questions to help clarify your understanding
- Watch your tone and body language when you speak. Do your best to make sure the message you send is the message you intend.
- Avoid the "silent treatment." Silence can wreak havoc on communication and relationships. If you need to process before you respond verbally, always communicate the purpose of your silence. For example, one might say, "I need some time to consider how to respond. Let's talk about this after dinner."
- Be aware when emotions are running high. Sometimes a cooling-off period is required in order for good communication to occur.
- Express how you feel. Sharing your feelings is important in effective communication.
- Break the no-talk rule before it breaks your family. Healthy families talk on a regular basis. It is true: both parents and kids experience times where they don't want to talk. But make these times the exception, not the rule. Proactively create a habit of conversation in your home.
- In discussions, learn to ask open-ended questions. These are questions that cannot be answered with a simple "yes" or "no."
- Avoid discussion-killers. Examples of these include put-downs, yelling, interrupting, talking-over your teen, and making her or him feel dumb about their questions or comments.
- In communicating, provide affirmation whenever possible. Everyone needs affirmation! Regular use of statements like, "Great idea," "That's so clever," "I would have never figured that out," "Way to go," "Good job," "That's a great point," will cause your family to grow and thrive.
- Communicate with love. Loving words and loving deeds are certain ways to communicate value to your teen.

The Songs In Your Kid's Headphones

Jonathan McKee at TheSource4Parents.com

Do you know what the number one song on the charts is right now? Do you know what kids are gleaming from this song?

I always find it fascinating to discover what young people are listening to in their headphones. Sadly, most parents who interact with their kids about their music only ask, "That's song's not one of those EXPLICIT songs, right?"

In my parent workshops I encourage parents to approach the conversation a different way. After all, that EXPLICIT tag only tells you if the song has curse words.

Take the number one song on the charts right now, Timber, by Pitbull and Ke\$ha. This song is NOT

EXPLICIT because it doesn't have curse words. So it's fair game, right?
Try Googling the lyrics. Here's Pitbull's opening lines:

The bigger they are, the harder they fall
These big-iddy boys are dig-gidy dogs
I have 'em like Miley Cyrus, clothes off
Twerking in their bras and thongs, timber
Face down, booty up, timber
That's the way we like to--what?--timber...

Nice and clean, eh?

So how should parents respond? I'll tell you how they should NOT respond... overreaction.

Instead, turn your overreaction into interaction. Parents have an amazing opportunity to use today's music as a springboard to discussion. The majority of today's young people really like music. Ask a kid about their music, and chances are, you'll probably get them talking. This provides parents with an opportunity to listen and learn about their kid.

But parents should also feel free to chime in on the dialogue. That doesn't mean turn the dialogue into a monologue (aka, a boring speech from Dad). This means, use questions to lead them to truth.

If you don't know where to go with this conversation, don't worry. TheSource4Parents.com provides FREE Music Discussions on their Music Discussions page. Right now, you can find full discussions for songs in the top 10 like Timber and The Monster. Each of these free discussion guides provide questions, scripture and a wrap up.

Do you know what's in your kid's headphones?