

GOING FURTHER - Resources

Recommended Books:

Age of Opportunity (by Paul David Tripp) gives parents biblical wisdom and goals for walking alongside their children and discovering the exciting possibilities about parenting your teens.

The 5 love languages of teenager (by Gary Chapman) is an invaluable tool for analyzing a teen's love language and expressing your affections in an effective way. The search for love in a teenager's life can lead to disastrous results. But if you can speak the right language, the difference can seem miraculous.

Sticky Faith Guide for your family (by Kara Powell) is a positive and practical "ideas manual" from the Fuller Youth Institute's Sticky Faith research: a wealth of tested ideas for parents who want to build lasting faith in their children and teenagers.

Raising Kingdom Kids (by Tony Evans) equips parents to raise their children with a Kingdom perspective and also offers practical how-to advice on providing spiritual training as instructed in Scripture.

Closing the Window: Steps to Live Porn Free (by Tim Chester) offers spiritual, practical and corporate resources for living porn free. With assurance of God's grace and cleansing power, we can change our desires and escape the traps and temptations of pornography.

Questions Christians Hope No One Will Ask (by Mark Mittelberg) presents compelling, easy-to-grasp answers to ten of the most troubling questions facing Christians today. These include everything from the existence of heaven to the issues of abortion and homosexuality, as well as the question of whether evolution eliminates our need for a God.

GOING FURTHER – Church Support

Youth Friday Night Fellowship (Ignite)

- A place where high school and middle school students can be an authentic faith community.
- Meets every 2nd, 3rd, 4th Friday from 7:30pm to 9:30pm in the chapel

Sunday School (Discipleship-group)

- Small group Bible study, relevant topics, leaders who want to build an authentic faith community.
- Meets every Sunday from 9:30am to 10:45am

Visit whcchome.org/ for upcoming events!

Preparing Your Child For Adolescence



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Pointers

Preparing Your Child for Adolescence

Kurt Bruner, The Center for Strong Families

“Enjoy ‘em now, because they’ll drive you crazy when they’re teenagers!” That’s the warning parents of pre-teens often hear. The implication: the teen years will be excruciatingly, unavoidably rough for everyone concerned. Obviously you and your pre-teen are in for a lot of change, but turmoil isn’t inevitable. You have the opportunity—before the cataclysmic transition from childhood to adulthood begins—to intentionally navigate your son or daughter through that change in a proactive and positive way.

The best way to prepare your child for adolescence is for you to set the stage—for a mom and her daughter or a father and his son or a single parent and either sex to spend time together dedicated to giving their pre-adolescent the framework for what’s coming. The best hope for a good outcome is when you—the parent—are the one to explain what it means and how to make the most of this vital time in life. Here’s a quick guide to the when, what, and how of that time together:

When

Often parents are concerned that they will overwhelm their pre-teen or encourage premature curiosity if they jump the gun in preparing them for adolescence. A greater concern, however, is the likelihood that someone else will beat you to it. Children are typically ready before their parents are. Doctors report puberty starting as early as age 9 among some girls, and the average age for first exposure to pornography among boys is around the same age. Of course, not all children are the same. That’s why it’s important to spend time with your pre-teen getting a sense of where they are developmentally and to make the timing of your conversations a matter of prayer. Generally, your prime opportunity will fall somewhere between the ages of 9 and 12.

What

In your conversation about the years ahead, you should plan to address the many areas of change your son or daughter will encounter during their transition to adulthood - in their body, their decision-making, and their relationship with you.

Body: It’s important to frame the physical changes ahead as much more than a plea for sexual abstinence. Your son or daughter needs a vision for how the internal and external changes ahead are preparing them for the joys of marriage and the miracle of creating new life.

Decision-making: Increasingly, your child will have to make and assume the responsibilities for his or her decisions. As you maintain your overall family values in media choices, individual responsibilities (chores, homework, etc.), and alcohol/drug use, you also need to direct your son or daughter in how to make good decisions for themselves. The first nine chapters of the book of Proverbs can be a helpful guide for teens learning to discern between wisdom and folly.

Relationship to you: Helping your son or daughter understand and embrace the changes in his or her body while challenging them to bear the responsibility of decision making will be different from the role you’ve played before. Instead of communicating like a teacher who teaches the right answer, you should explain to your pre-teen that over the next decade your role will be progressively changing to that of a coach who is there to guide them in their transition into independent development.

How

So what’s the best way to talk about this with your child? Fortunately, there are several great tools available for parents looking for recommendations on how to be intentional and effective in their efforts. (See “Going Further” suggestions.)