



PARENT PAGE

SESSION TWO

Welcome to the DivorceCare for Kids family. Each week you will receive a Parent Page. This Parent Page will do three things: (1) make you aware of the theme for the week's session, (2) give you tips to create stronger bonds in your single-parent family, and (3) enhance the parent/child relationship. We suggest you purchase or create a journal to record stories, comments, and funny things that happen in your family. For more information about DC4K, go to www.dc4k.org. Find single-parent resources at www.dc4k.org/parentzone.

God loves children in all kinds of families

This week's goal:

To develop a healthy, connected single-parent family by establishing consistent routines and family rituals.

What the experts say:

When a child transitions from a two-parent home to a one-parent home, it's important to set up routines and rituals immediately. "Rituals are not routines. Routines have predictability as their goal. Rituals have connection as their goal," says Dr. Becky Bailey.* A routine is a daily schedule of activities. A healthy ritual is a positive, predictable interaction between people, which occurs on a regular basis (such as a parent rubbing a child's back each night at bedtime). Routines provide security while rituals build strong connections. Children create their own rituals, and as a parent, you might not be aware of the rituals your child is missing due to the divorce. Creating new rituals will help your child feel connected to you.

This week in DC4K:

We discussed how everyone's family is different. God loves your children no matter which parent they live with or what kind of home they live in. God's love is unconditional.

One family's story:

One girl had a hard time going home after daycare. Coming home reminded her that her dad had moved out. The mother realized she had to think of something

to help. They decided to create a ritual to do together every evening. On the way to pick up the girl, the mom would buy two bottles of water (or she would refill old bottles) for them to drink together on the ride home. They called this water "Sweet Dreams." At first when they drank the water, the little girl was sad and would talk about how their life used to be. Eventually, she began to discuss her dreams for the future, and they began to laugh and joke with each other.

This week's Scripture focus:

Philippians 3:13-14: "Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus" (NIV).

Building family strengths:

With your child, write out a daily routine that includes a list of each person's responsibilities and chores. Also, have a family meeting to decide upon a ritual for your family. Some children may need a ritual when transitioning between each parent's home. Another good time for connecting activities is at breakfast when everyone is rested or at bedtime at the end of the day. Be creative.

Encourage your child to write out your family's daily routine and a description of one ritual you have developed as a family. Send it with your child to DC4K next week.

The best way to help your children is to help yourself.

Link up with a DivorceCare divorce recovery support group, www.divorcecare.org.

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