



PARENT PAGE

SESSION SIX

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's plan for me

This week's goal:

To allow each family member the opportunity to make choices and decisions in his or her life.

What the experts say:

"Making good decisions is a characteristic of maturity, but one we often don't develop early in life. The inability to make choices, or a lack of self-confidence in decision-making, creates an inner anxiety that is hard to handle at any age. Set the stage for your children to learn how . . . to make responsible choices," says Dr. Bobbie Reed.* Starting with small decisions, such as what to wear or eat, can lead to larger decisions. These larger decisions include allowing God to be the center of their lives and accepting that God has a plan for them (and He has a plan for you too).

This week in DC4K:

We discussed making good choices. The children learned that some people make bad decisions that negatively affect those they love. They learned that parent problems are adult problems—not kid problems. We talked about setting boundaries. We also discussed that it's okay to say "no" when something doesn't feel right or okay. The children were introduced to the concept that no matter what has happened in their families, God has a plan for everyone.

One family's story:

After his wife moved out, one father stayed in the family

home and tried to preserve the only home his daughter had known. When it came time to sell the house, he took his daughter to the townhouse he had chosen to buy. He did everything to try and convince his daughter to like this house. Minute by minute, the daughter got quieter and quieter. Then she disappeared. The dad found her outside crying and saying, "I don't want to move out of my home." The father gently consoled his child. He explained they had to move and his daughter could choose to adjust or she could choose to stay upset—it was her choice. When it came time to move, the dad had the daughter decide which boxes to pack. Then she helped make decisions about where to place the furniture in the new house. Many decisions were made in this move. The daughter eventually accepted the new home.

This week's Scripture focus:

Jeremiah 29:11: "For I know the plans I have for you," says the Lord. "They are plans for good and not for evil, to give you a future and a hope."

Building family strengths:

As a single parent, have you taken time to make long-range plans? Do you have dreams for the future? Have you prayed about major decisions in your life? In your next family meeting or at a family meal, share with your children some of your dreams for the future. Ask the children to share some of their dreams. Together, plan a special family event you haven't done before. Some suggestions are to attend a concert, serve a holiday meal at a homeless shelter, or help another single-parent family move.

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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* Adapted from Bobbie Reed's *Christian Family Activities* (Standard Publishing, 1982), p. 33. Used by permission from the author.