

March 2018

Easter Blessings to You!

Because of the ultimate sacrifice that God made for us, we can have Perfect Love!

Perfect Love is only available through the cross of Jesus; by accepting Him as Savior and Lord, we are made perfect in God's love. First John 4:18 says that "perfect love casts out fear. The one who fears is not perfected in love". During this Easter Season practice casting all your cares on Jesus, for He cares for you.

We have had the privilege of supplying Biblical Life Skills curriculum to the Faith Academy in Iowa City for 4th and 5th grade students. The ten lessons will be completed this week. Watch for a full report next month and on our Face Book.

The end of this school year is coming quickly. During this time there are many activities tied to school and you may forget the important things your children need from you. For a reminder I quote some principles from Dr. Kevin Leman on **helping your middle school child**, (aged 12-16), through this transitional period from early childhood to high school. He suggests parents **focus on the "ABCs of parenting"**.

1. The first letter is "A," which means to make certain your child feels **Accepted** by you. There is continual judgment from fellow students and teachers every day at school. That's why their home must be a place of acceptance, and of true love.
2. "B" is for **Belonging**. Kids will do almost anything to fit in. That can be a scary thought for parents. Your child is growing up. This is a confusing time for them. You have to step toward them, be present, and be engaged.
3. The "C" is for **Competence**. It's really important that your children feel like they're worth something, especially to you. As they risk defeat, be there as they try out for sports, music etc. Kids do best when they know their parent is their cheerleader.

Tween and teen children need careful guidance. They need very clear expectations from you. Be sure to tell your children that even if they make a wrong or unhealthy decision, that's not going to compromise your love for them. Tell them you believe that they can and should avoid risks that could cause lifelong consequences. These early teen years should be a season where smaller mistakes can be made while being guided and nurtured by you.

Carefully choose your rules for them. Focus on good personal hygiene, cleanliness, modesty and their relationship to Jesus rather than on their choices of clothing, hairstyles and type of music. Guide them in their 'screen' time. Guard them by making rules about overnights and friends. Meet with their friends' parents and know the family well before allowing lengthy visits or overnights. Make certain that they are getting the right amount of sleep and rest rather than pushing them to be over committed with activities you want to have them involved in.

Equipping Youth with Powerful Choices' lessons assist parents in coping with this sometimes difficult period. Our Biblical Life Skills curriculum has been written for you and your child(ren). The 10 lessons are useful for you to engage in with your tween or teen. Please e-mail us for more information on obtaining a copy.

Thank you for caring,

For the staff and Directors of Equipping Youth

Ruth Anne Eccles, MSN

We appreciate your support. Your donations make a difference for your community.