

Parent

CENTRAL



August 2018

**Central Baptist Church
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Keep Kids Connected to Grandparents

POWERSOURCE

ASK GOD:

1. To bless the relationships between your kids and their grandparents or senior friends.
2. To provide opportunities for deeper connections with grandparents.
3. To help your children honor all elders—and their legacy.

According to U.S. Census Bureau data, 37% of American adults are grandparents. And about 67% of them are younger than 60. An estimated 3 million grandparents in the United States are raising their grandchildren. Many others are long-distance grandparents, which is now easier thanks to social media and video technology.

No matter their age or their distance from your family, grandparents and other special senior friends have many valuable stories, lessons, and values to share. Most importantly, Christian grandparents can hand down a legacy of faith to children.

Nurture these connections by keeping grandparents involved. Share their day-to-day schedules, joys, and challenges. Encourage conversations about topics

that matter. Spend time with grandparents or senior friends in person, on the phone, or on video conferencing. Encourage letter-writing if grandparents live far away.

For grandparents who are local, plan activities that children enjoy so grandparents can get to know their interests, friends, and dreams. Then turn the tables and let kids spend the day or weekend with grandparents so they can discover what their lives and interests are like.

Remember: The goal is to allow deeper interactions that lead to meaningful conversations about life and faith. Read on for more ideas about helping children of all ages connect with their grandparents and senior friends.

A Faith-Filled Legacy

Jennifer Buell, a former children's pastor in South Dakota, surveyed local fourth- and fifth-graders to discover who kids truly admire. She says, "I expected to see a lot of overlap in answers to the questions: 'Who do you most look up to and why?' and 'Who's your favorite celebrity?' I was wrong. Resoundingly, kids' answers to the first were family—parents, grandparents, and older siblings—with a healthy dose of teachers and friends. They attributed great qualities to these people, such as love, understanding, and trustworthiness, along with comments such as 'takes good care of me.' Jesus and God also made the top of kids' lists. Surprisingly, not a single child listed a celebrity as someone he or she most looked up to."



TEACHABLE MOMENTS

Honoring Grandparents

You'll need a Bible, colorful paper, and pens. Say: **Grandparents (or senior friends) have always been special—even in Bible times. Let's hear about a grandfather named Israel, a son named Joseph, and two grandsons.**

Read aloud Genesis 48:8-16. Say: **Israel blessed his grandchildren by making them happy. Ask: What are ways your grandparents bless or make you happy? What are ways you bless or make them happy?**

Hand out paper and pens. Say: **Let's bless our grandparents. Trace your hand on the paper. Above it, write "Hands down, you're the best!" (Help younger kids.) Now write a prayer of blessing in your hand outline. For example, "I pray that God will help you live a long life." Then we'll give these to our grandparents.**

To close, form a circle and put all your hands in the center. On the count of three, say, "Yea, grandparents!" and raise your hands as a prayer of thanks for these special people.

Working Together In large letters, print the words of Deuteronomy 6:4-9 on poster board. Cut into large puzzle pieces and mix up the pieces on the floor. Let kids and grandparents work on the puzzle together using the Bible as needed. When it's complete, have an adult read the passage aloud and say: "This is a reminder to love God all the time. Some of us are little now; some of us are older and have loved God for a longer time. God likes us to work together to learn about him."

Food for Thought Ask grandparents to select favorite recipes from their childhood. Buy the ingredients so grandparents and grandkids can prepare the dishes together. Have adults share memories related to the foods. While they eat, grandchildren can talk about memories related to their favorite foods.

So Uplifting Have a grandparent lie down on a blanket. Then have a child grab a corner and try to pick up him or her. Add a child to each corner for each new try. Then switch roles and have an adult try to lift a child on the blanket. (If needed, have another adult grab a corner.) Read aloud Deuteronomy 6:4-9. Ask: "Who was easier to pick up—a child or an adult?" Say: "It's easier

for an adult to carry or lift a child. God gives adults the privilege of 'carrying' children closer to him and his Word." Close by thanking God for grandparents who support us and our faith.

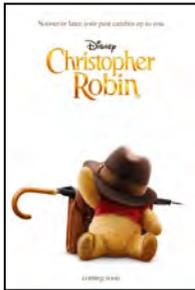
Make Him Known Read aloud Psalm 89:1. Give grandparents and grandchildren each a construction paper pennant and markers. Have them make a pennant that says something they believe about God's love. Once pennants are finished, have a grandparent and a grandchild trade pennants. Have each person complete this statement: "One way I will love God this week is by..."

In the Spotlight Arrange for grandparents and grandchildren to interview one another about their personal histories. Determine a recording format and set ground rules such as no interruptions and no commentary. Then brainstorm questions together. Examples include: What's your first memory? Who told you about Jesus? What did/do you like most about school? What's your favorite holiday, and why? What's your favorite book? What's your most treasured possession, and why? What's been your happiest moment?

"Let each generation tell its children of your mighty acts; let them proclaim your power."

—Psalm 145:4, NLT

MEDIA MADNESS



MOVIE

Title: *Christopher Robin*

Genre: Animation, Adventure, Comedy

Rating: PG

Cast: Ewan McGregor, Hayley Atwell, Jim Cummings, Brad Garrett

Synopsis: In this live-animation film, Christopher Robin is a working-class family man who's lost his sense of imagination. When he meets his childhood pal, Winnie-the-Pooh, the bear helps Christopher see life's wonders through a new light.

Our Take: This family-friendly movie will introduce a new audience to Pooh and the entire band of friends from the Hundred Acre Wood. Expect some sad moments regarding growing up and the loss of innocence. Afterward, discuss what makes you happy—and how to find joy in life even during challenges and tough times.



TV

Title: *True: Wonderful Wishes*

Network: Netflix

Synopsis: True, a kind young girl, partners with pal Bartleby to help friends solve their problems. First, she tries to pin down each dilemma's cause, and then she uses her magical power to activate a Wish Tree. True doesn't always find a solution on the first attempt.

Our Take: This show, geared toward ages 3 to 7, has positive messages about caring and doing good deeds. The use of magic and wishes, however, can be confusing for young children and runs counter to the Christian faith. Remind kids that Jesus is our source of help and blessings—and that we can pray to him any time. Also discuss ways that kindness can impact a person's day and life.

Games, Sites & Apps

NMBR 9

This strategic board game is geared toward ages 8+. Players flip cards to reveal numbers and then must place tiles with those numbers in certain spots. The rules are simple, but the choices aren't. NMBR 9 isn't confrontational or ultra-competitive, and the game can even be played alone.

This Podcast Has Fleas

Starring Alec Baldwin and Jay Pharaoh, this free podcast for kids features a rival cat and dog who have dueling podcasts. Other celebrities voice various household pets. The animals' silly antics make for enjoyable listening—for children as well as for parents.

Three Good Things

This digital happiness journal encourages users to end each day on a positive note, listing three good experiences. Entries are limited to 100 characters or fewer and can be shared on social media, if desired. This free app, created by a teenager, helps kids (ages 7+) focus on what's going right.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



CULTURE & TRENDS

Need a Lift? A ride-hailing service for kids is meeting the needs of busy families trying to navigate crazy schedules. HopSkipDrive offers rides for ages 6 and up, starting at \$15 for a single family and \$6 for carpooling. "CareDrivers" and vehicles are thoroughly vetted, and parents can track the ride live via an app. (hopskipdrive.com)

Not-so-Precious Juuls Schools are taking measures to combat the spreading health epidemic of vaping known as Juuling. The small, high-nicotine Juul device is now common in many middle and high school classrooms and bathrooms. Schools are revising discipline policies, adding prevention classes, and even banning flash drives because they resemble Juuls. (edweek.org)

QUICK STATS

Convenient But Costly More than 25% of the average family food budget now goes to easy-prep meals and grab-and-go foods. Families with kids at home spend more than \$200 per week on groceries. (rd.com; USDA)

Say What? About 20% of children have permanent hearing loss caused mostly by exposure to loud noise. But contrary to parental fears, earbuds have *not* been shown to be a major cause of hearing problems. (time.com)



Click here for our full calendar of events.

HIGHLIGHTED UPCOMING EVENTS

Ministry Expo 2018

Come • Serve • Grow

9:30 - 10:00am
11:30am - 1:00pm

Find out what our ministries and the local mission agencies we support are doing this year and how you can be involved.



CSM Summer Fun

For all students in Middle & High School. This includes those that just finished 5th grade.

LAKE DAY is for the whole family.



Convoy of Hope

Help us collect new underwear for boys & girls. Bring them to the church between July 29 and August 12. Volunteer to help make the event a success by calling (712) 239-1000 or email tammie@cbcsiouxcity.org.



COOK PARK
520 WEST 5TH ST
SIOUX CITY
GATES OPEN
@ 10:00AM

Central's Corner



Knowing where we come from is a big interest for many people. From DNA tests to Anscenstry.com, there are lots of tools to help make this easier. When we lived down in Kentucky, I found out that the first "Prothero" in my lineage came over from Wales and lived in Kentucky close to where we were residing. So, my family spend one of my birthdays in cemeteries looking at headstones. We did not find any direct relatives, but we did find a brother and family of one of my ancestors.

Why do we spend time and money to search out our past, our history? Part of it is because it helps us know how we got to where we are at in life and who we are. That heritage can help us, but it can also burden us depending on what we find. Some are happy and some are very upset that some awful things are in their lineage. Either way, they try to use whatever info they get to become a better person either to live up to or to distance themselves from their past.

Our heritage is not only physical, but we have a spiritual one as well. Psalm 87 talks about the city of Zion and how they can tell who is from that city. It is

evident where they are from because of something they do or maybe how they talk. When we know Jesus, there should be evidence that we "come from Jesus." People should be able to see our spiritual heritage in our lives. Do they? Do our kids know and emulate that heritage? Kids will pick up what is important in our lives. What are we doing to make sure that Jesus is more important to us than just Sunday mornings? What can we do with our kids that shows them we "come from Jesus?"