

Parent Coaching
Helping Parents Find Direction for Parenting
Five Coaching Strategies

Introduction

A. Biblical Guidance

*Train up a child in the way he should go, and
when he is old he will not depart from it.*

(Proverbs 22:6)

1. This is a proverb not a promise

2. We cannot take this verse lightly

3 John 2-4

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth. I have no greater joy than to hear that my children walk in truth."

B. Testimonials of parents on raising children

1. *"It is harder raising them at 18 and 19 than it was in the early years."*
2. *"I feel like others are laughing at me because of the way my children behave."*
3. *"I feel like I just want to die."*
4. *"We don't know what it means to disciple our kids. We didn't have it modeled for us."*

5. *"I'm just happy I kept my kids alive. Sleep deprivation is killing us."*
6. *"The single most important thing I have learned in parenting is the importance of spending time with my kids."*

I. Five Pathways for Parenting

A. The Way of the _____

1. The _____ "train" or "teach"
2. The _____ we parent
3. The _____ tendencies
4. Digging _____
5. The top _____ parenting strategies
 - Love and affection
 - How parents manage their own stress
 - How parents treat spouses or co-parents
6. A _____ question: *Are you the adult that you want your children to grow up to be?*
7. _____ is the single most important parenting strategy
 - a. Pray for your children
 - b. Pray with your children
 - c. Begin simple and build from there

B. The Way of the _____

1. Become _____ of your children
2. Become students of your child's _____
3. Children desire your _____
4. Children desire your _____
5. Focus on coauthoring your child's _____

6. _____ your child for who they are
"Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." (Phil 4:6-7)

7. In order to be understood we must first
_____ them

C. The Way of the _____

"Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. Because narrow is the gate and difficult is the way which leads to life, and there are few who find it. (Matthew 7:13-14)

1. The road to life is _____

2. Help your children become people who love _____ and love _____

D. _____ Disciplined on the Way

"Fathers, don't stir up anger in your children, but bring them up in the training and instruction of the Lord." (Eph. 6:4)

1. Seek to _____ your children
2. Actually _____ them
3. Understand _____ for what they are
4. Establish family _____

E. _____ and _____ Along the Way

1. The value of genuine _____
2. _____ free time
3. The importance of _____ contact

Next week:

**Six Secrets to Helping Families Manage
Kids and Their Screens**