

FAMILY ACTIVITIES



IN YOUR HOME...

Twists on Games.

Because your kid values rules and fairness, try a new twist on game night. Add a superhero power to each player to have special powers in the game play. Then allow their kids to be 'sheriff in town' to enforce. Try games like Risk, Monopoly, and Life.

Trade chores for the day

Your student is struggling for autonomy, so allow them to see what you do in a day.



IN YOUR TOWN...

Go to a Concert and bring friends!

Bring earplugs, because your child and their friend will probably sing along to every song at top volume. In going to see a concert they love, you are affirming their interests and create a memorable experience for the two of you. Also, getting to know their friends more intimately will only help you as they become more autonomous.



OUT OF TOWN...

Day trip to a random town.

Try even planning the trip together. Let them pick out a restaurant or the top sightseeing spot for the trip. This can help open up conversations about budgeting, responsible packing on their own, and making wise decisions about traveling. It affirms their independence when you give them choice.

Zephaniah 3:17

“The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing.”

Prayer

Lord, may my child know that you are with them in every season and with every change. Bring peace to their minds and hearts as you are the God who fights for them. Remind them that you take great delight in who they are and show them the vastness of your love. Grow in them a passion to follow you in everything they do. Amen.

“EVERY YEAR MATTERS”

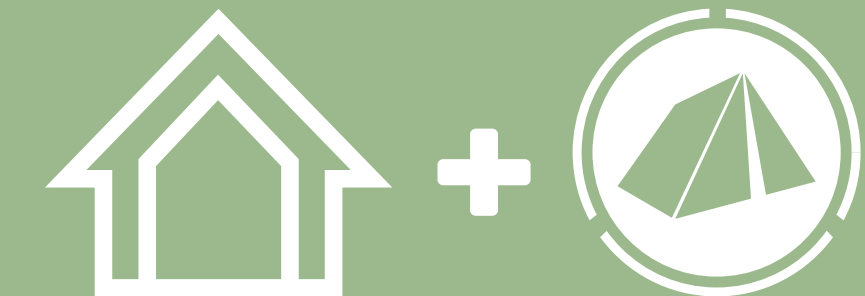


MOUNTAINPARK
CHURCH

PARENTING MATTERS

A GUIDE TO SEVENTH & EIGHTH GRADE

“THE YEARS OF BIG EMOTIONS,
BIG IDEAS, AND LOTS OF DRAMA.”



HOW THEY ARE CHANGING



MIND

- Developing logical and abstract thinking and till thinks concretely
- Experience extremes of emotions
- Experimenting with dress, self-image, and behavior
- Looking for independence and autonomy

BODY

- Needs 9-11 hours of sleep
- Girls outpace guys in terms of development and may be nearing
- Guys will experience voice changes, body odor, and increased muscle mass

FAITH

- Worship music will become a major way to connect with God and others
- Will look at Scripture thru the lens of fairness and ideals
- Can set their own devotional time to help them create spaces of autonomy

FRIENDS

- Centered around common interests, academic classes, or experiences
- Friend groups will fluctuate as interests change and develop
- Close friendships will start to form
- The comparison game will stay strong as boys compete with sports and grades while girls focus on social status and grades

HOW YOU CAN PARENT THEM WELL



GIVE THEM TIME TO NURTURE THEIR ABILITIES.

Make time in your family's schedule to go to museums, sports games, or get books about the particular subject they are interested in. Give them space to dive deep into a passion for the first time. This time is critical to help them identify and solidify passions and can help them build up their self worth by working on activities they are good at.

EQUIP THEM TO DEEPEN FRIENDSHIPS.

Friends from school, sports teams, and other activities start to play a major role in building their identity and affect their self esteem. They will start to see the different roles friends play in their lives-either as confidants, best friends, or casual teammates. They need space to explore and deepen those relationships. You can help them by creating time to drive the carpool, do a movie marathon, or take them on a day trip.

ENCOURAGE TO HANDLE CONFLICTS WELL.

Teach children how to assess situations from different points of views, angles, and state of mind. Help them to understand friends, teachers, and coaches are typically not out to be intentionally mean, but help them create the assumption is goodwill. Offer support without fixing every problem. Offering multiple routes they could go and coach them in the choices they make on how to handle a situation.

HELP THEM ESTABLISH AUTHENTIC FAITH

*Help your
7th & 8th
Grader*

TRUST JESUS
WORSHIP THE LORD
STUDY GOD'S WORD
HAVE AUTHENTIC COMMUNITY
PLAY AN ESSENTIAL ROLE

FAITH AT HOME:

BEFORE SCHOOL

Tell them who God says they are. Affirm them in their faith and character before they go to school where they might feel discourage or what to stretch themselves to live it out.

DINNER

Be transparent about where you saw God working that day. You can model how a Christian responds to hard days or people by talking about your response and why you did or need to apologize for what you did that day.

NIGHT

Let them lead the prayers at night. Even if it's short and sweet, you are helping them get comfortable to pray out loud.

FAITH AT CHURCH:

Get to know their Small Group Leader.

Get to know the other adults and leaders who will be speaking into your child's life. Open up communication early, so everyone can be a unified team for your child.

Volunteer with your teenager at a event or service project.

Let your child help pick a event and role that suits their interests to help them discover their role in serving the local church.

Adopt a church grandparent.

Develop a relationship with a older congregation member of your church. It can be as simple as saying hi to the older couple who shares the same row as you or inviting a widow to family meals after church. Help your child see that just because someone is different or older than them, we all hold the same faith in common and can have points of connection with everyone.