

FAMILY ACTIVITIES



IN YOUR HOME...

Educate your kids on pop culture (music, movies, fashion trends, ect.).

Have kid introduce something from their childhood and parents to introduce kids to something from their childhood.



IN YOUR TOWN...

Go on a parent-kid date.

Get dressed up and pick someplace fancy. Take a few pictures!



OUT OF TOWN...

Take a weekend mission trip two hours away.

A new experience and location will help stir up new understandings about other people and equip them with a compassionate reponse.

Volunteer at the Senior Center together.

Help your family form intergenerational relationships with other community members. Their propensity for risk taking will allow them to talk with new people and ask some deeper questions.

Mark 4:39

He got up, rebuked the wind and said to the waves, "Quiet! Be Still!" Then the wind died down and it was completely calm.

Prayer

God, as _____ faces trials and challenges, reassure them that you have their back. Remind them that you have the power to calm the storms. With our faith in Christ, we can overcome the hard times. Amen.

"EVERY YEAR MATTERS"



MOUNTAINPARK
CHURCH

PARENTING MATTERS

A GUIDE TO NINTH GRADE

"NEW SCHOOL & NEW EXPERIENCES.
DISCOMFORT ALL AROUND."



HOW THEY ARE CHANGING



MIND

- Can recognize personal strengths and weakness for the first time
- Thrill seeking will peak this year and drop off as they gain more impulse control

BODY

- Struggle to fall asleep before 11 pm
- May feel insecure by a still changing body
- Girls are starting to settle into their adult body
- Guys are gaining muscle mass, getting taller, and hairier

FAITH

- Wired for risk-taking behaviors will allow them to explore their faith more deeply
- Able to recall Scripture and God encounters more robustly

FRIENDS

- All friendships will shuffle as your teen navigates the high school water
- Resistance of potentially embarrassing situations at all costs
- Looking for relationships that create intense feelings and emotions
- Short lived dating relationships will shuffle the relational deck and create conflict

HOW CAN YOU PARENT THEM WELL



GIVE SAFE PLACES TO TALK THRU THEIR DAY.

Open up conversations at home and create space for them to connect with other adults to help them process thru their day. Freshman year will open up new opportunities and challenges, so allowing them to have safe places to debrief and start to think thru a response will help set them up for success. We want to help them be proactive instead of reactive as they approach these new challenges.

EQUIP THEM TO THINK THRU HOW TO MAKE GOOD CHOICES.

Your teenager is hard wired to do risky behaviors. Help walk them thru what it looks like to make wise choices and provide many different solutions to hard situations. You might want to establish ground rules or family wide policies about how they are supposed to react if they are at a party and someone has alcohol, if they start feeling unsafe with a significant other, or someone is bullying them. Start these conversations early so kids know expectations, can start thinking thru healthy ways of dealing with heavy topics, and know that their parents have their best interests at heart.

ENCOURAGE TO ASK BIG QUESTIONS.

Their propensity towards risk taking behaviors can be used for good. They can start to see situations from multiple perspectives and are more likely to ask some big questions in this season of life. Offer them safe places to ask big questions and be willing to talk about your own experience as you've dealt with them. Even if you both arrive at different solutions, applaud them for digging deep and asking hard questions.

HELP THEM ESTABLISH AUTHENTIC FAITH

*Help your
9th Grader*

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

FAITH AT HOME:

BEFORE SCHOOL

Talk them thru setting priorities for the day. Help them see times where they can connect with the Lord in their schedule.

AFTER SCHOOL

Let them set the soundtrack with worship music for the drop offs and pickups from activities.

DINNER

Create a tradition. Craft three faith based questions you ask every time you eat dinner together.

FAITH AT CHURCH:

Get to know their leaders.

They may have transitioned to a different area of their student ministry, so take some time to get to know the people who will spiritually lead your child in their high school years.

Find a mentor.

They are asking some really big questions about faith. Help them find a mentor at church who can speak into those larger life questions and be a cheerleader in their lives as they try new things.

Attend a camp or retreat.

Overnight experiences are their time to connect with their peers, leaders, and God. It gives them a chance to explore their faith independently and fertile ground for relationship building around a common experience.