

FAMILY ACTIVITIES



IN YOUR HOME...

Make a Budget.

Walk them thru how they can for now and as they add on more expenses like a car, job, or start looking at college. Teaching them the value of money early will help set them up for success in the future.



IN YOUR TOWN...

Go on a parent-kid date.

To a cultural activity with their parents. Go to a play, musical, learn a new skill together that they enjoy.



OUT OF TOWN...

Try a new risk taking adventure.

Jet skies, mountain climbing or exploring a nearby cave to tap into their risk taking spirit and create a memory together!

Try a New Class Together.

Learn about a new subject together. Use the quality time together to dive into something new and model how to make a few mistakes well.

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 TENTH GRADE

"CAR KEYS AND FREEDOM."



HOW THEY ARE CHANGING



MIND

- Overly self aware and may experience depression (this is the highest year for teen suicide)
- Looking to increase their freedom and looking for responsibilities to make that happen

BODY

- Can't fall asleep before 11 pm
- Girls have reached their adult height and body development
- Guys might be experiencing weird dreams, voice changes, or worsening acne

FAITH

- Tend to be drawn to the supernatural
- Open to asking larger God questions as they are wired for risk-taking and curiosity

FRIENDS

- Dating has permeated the social circles to include significant others
- Ability to recall and organize information allows for deeper friendships to form
- Refinement of friends and social circles begins

HOW CAN YOU PARENT THEM WELL



GIVE THEM APPROPRIATE FREEDOM.

Your kid's going to drive away from the first time. It's going to feel weird, you're going to be worried, and they are getting their first whiff of freedom. This is your year to let them flex their freedom appropriately. Together, remodel curfew, or haggle on what are required chores if they are constantly pushing against those boundaries. You are raising the future job force and contributing members of society. Letting them set up some appropriate boundaries for themselves will give them life skills they can take into the future.

EQUIP THEM FOR HEARTBREAK.

In romantic and friendship relationships, the stakes are higher as drama prunes out friendships. People who you thought were friends suddenly date the person they liked. Their significant other breaks up with them out of the blue. Their friend group gets together without them and blasts it all over social media. It's going to be a lot of drama. Give them time to grieve when relationships fall thru and guide them in healthy rhetoric on how to conflict manage well.

ENCOURAGE THEIR INTERESTS.

Sports and school reach a new level of competitiveness. This is the year where they put the pedal to the metal to become the best at what they do. They are probably going to heep on pressure to themselves to hone in on their craft. Affirm the attitudes and hard work they are putting into these activities without adding to the pressure they are already feeling. Guide them in setting up schedules to complete needed tasks and fun time to try something new or hang out with friends.

HELP THEM ESTABLISH AUTHENTIC FAITH

*Help your
10th Grader*

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

FAITH AT HOME:

BEFORE SCHOOL

Create a Christian pump up playlist as they get ready in the morning. They'll be humming it all day.

AFTER SCHOOL

Engage in conversations in cars. Debrief about what happened that day. Take time to pray before they get out of the car about any concerns brought up.

DINNER

Pick one night a week to eat together as a family. Use this time to debrief about what was talked about at church that week and debrief about how you saw God in your workplace.

FAITH AT CHURCH:

Volunteer for a weekly role at church.

It can be any area from helping stacking chairs after service to mentoring a middle schooler. Get them involved so they feel a sense of ownership and belonging in the larger church community.

Take Five after service.

Take five minutes about service to digest the message. Talk about what they took away and how it will impact their next week. Then it's your turn!

Take their church friends out to breakfast before service.

Their church friend group will start to solidify this year, so grab a group before service to get donuts or sit down brunch to get to know the people who will help encourage their faith.