

The Windsor Village Church Family

Top Seven Parenting Tips

Our homes have become a sanctuary and a safe refuge for children and their families. In the home, families are always creating lifetime memories. In 2040, individuals will still remember the atmosphere of their home as children, and the experiences will remain with them. Even though COVID 19 is a disastrous situation, see the collateral beauty in this opportunity to spend time with your children. Before you know it, they will be out of the home, and you will miss and treasure the time you had with them. Children need to feel that parents/safe adults are with them and taking care of them. Parents of children and youth are encouraged to apply the following tips:

1. **B**egin the day with prayer and/or Bible study. Ask God the Holy Spirit to guide your family through the day. Take prayer breaks throughout the day as needed. God is with you (Psalm 46:11).
2. **A**dults, take care of yourselves. Apply the same principle you're told to use on an airplane in your home: put your air mask on before you assist your children with their masks. Early morning, late night or when children are in quiet time, take care of you. Consider a warm bath/shower, exercise, take a walk, read Scripture (Psalm 23, 46, 91, 121, etc.), nap, view "Absolutely Nothing with Mrs. Allen" posted each Monday on Facebook, review a sermon, read a book, share your feelings with a friend, etc. Maintain a healthy spirit, body and soul (mind, emotions and will). "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul and body be preserved blameless at the coming of our Lord Jesus Christ." (1 Thessalonians 5:23)
3. **L**isten to your children. Listen without correction. Answer their questions. Check-in daily with each child. Ask questions about how they are feeling. Validate their feelings and talk about them. Accept each child and do not compare them to their siblings or other children.
4. **K**eep your children learning. Communicate with their teachers. Keep a daily routine, but remain flexible and adjust as needed. Keep meals

healthy and on schedule. Limit sugar and junk foods. Extend lots of grace and mercy.

5. **M**aintain a safe, stable and nurturing environment. Meet the basic needs of each child. Keep them free from harm. Attend to any distress as needed. Stay attuned to them. Monitor their sleep patterns. Let them shelter in your arms and help them to manage tantrums, anger, outbursts and fear. Reassure them of God’s love for them and their family. (Romans 8:38-39)
6. **B**e the COVID-19 news filter for your children. Let them know that this germ/virus is still being addressed by our medical teams. We help by staying home. Let them know that adults are working together to get answers and to protect us from the virus.
7. **D**aily decompress your family. Be kind and loving. Cuddle, hug, love, and laugh. Each day, say to each family member, “I love you.” Have indoor and outdoor family fun together. Exercise, play on the driveway or in the backyard, take a family bike ride, play board games, dance, tell jokes, etc. FaceTime grandparents and other family members and friends. As a family service project, provide support to a senior adult.

Submitted by:

Ray Bady, Outbreak Youth Pastor

Leona Ellis, Children’s Ministry Director

Lorna Patterson, Associate Director of Children’s Education

Resources:

1. Kirbyjon Caldwell, Windsor Village Church Family
2. “Parenting Tips for Homeschooling” by Jamelle Akwar and Staci Mayo
3. Kelsey Seybold Webinar with Dr. Kemba Black (April 29, 2020)
4. Rice University Webinar with Dr. Patrick Tennant and Marcy Melvin (May 4, 2020)