



Welcome to
Raising Daughters of the King
Princesses that bring Honor to their Royal Father

Everywhere I go, I hear of moms who have broken relationships with their daughters. It seems to be the rule rather than the exception. It seems that even good relationships seem to go south when our little girls hit the teenage years. For those of you who still have those precious moldable little girls, do all that you can to develop respect towards you and your husband. (Be sure to enlist him in this developing of respect towards yourself as well. Dad's words carry much weight with their little girls.)

Also, I urge you to develop the ability to communicate between your daughter and yourself. Remember that one important part of this is to have enough respect for yourself that you don't allow back-talk and you require polite words like please and thank you. It's sometimes a hard thing for a mom to require those words. For some reason, we feel like we are being demanding or self-centered to expect people (even our children) to use those polite words. But, when we don't expect that attitude of respect from our children, we are choosing not to train them in proper attitudes and behaviors towards authorities, and we are also training them not to respect us. What a disservice we do to ourselves and to our children. But, it is never too late to try to rectify a situation.

There is always hope in God that we can change our mistakes and rebuild a relationship. I've had so many questions these past few weeks from broken-hearted moms concerning rebuilding relationships that I would like to focus on that again in this newsletter and on how to build a correct relationship from the beginning.

I hope you find this helpful whichever your circumstance is. Remember that your child is precious to Jesus, and you are too! God uses us to train our children for Him, and He uses our parenting challenges to make us grow in Him as well.



Coach's Corner

First: Look to the perfect parent. Our Heavenly Father, is Love. He gives us clear expectations of our behavior and attitudes, and clear consequences. He never lies – He tells the truth and He keeps His promises. (He doesn't make promises that He is not going to keep.) He forgives when we acknowledge our bad choices and bad attitudes, but many times the consequences remain. God even invites us and draws us to Himself to help us trust Him enough to admit our sins to Him. He helps us change. He doesn't allow disrespect even of His name. He is pleased when we converse or communicate with Him in honesty, even if it is a hard conversation.

What if you have a self-image problem? Maybe your parents didn't raise you to respect and value yourself. If you find that to be a problem in your life, please find that answer as soon as possible. It is a huge challenge to raise children with self-respect when you don't have it yourself. Once more, the book *Search for Significance* is extremely clear and helpful. It helps us see that God loved and valued us so much that He actually died for us.

How can we be that perfect parent? Simply put, we cannot. What we can do is allow Him to make us His child and then model our behavior after His – and pray much! When we fail, acknowledge it and ask for forgiveness and help. Realize that He keeps us humble in many ways – seeing our failure is one of those loving ways. As His children, we are gifted with the possibility of growing up like our Father and in His image.

What does this look like as expressed in the human mother/child relationship? There is an entire Bible written about how God shows His love towards us and all His children. I can only touch a few small points here. God is faithful. He promised that if we desire and seek Him with all the heart that we will find. That does not mean a flippant ritual prayer – though at least that is a start. But I challenge you to cry out to God to show you His love toward you and how you can follow His example in your parenting.

To a child: Love looks like time spent and value placed on a child's interests and thoughts and activities. One very simple way to do so is to allow your child to see you put aside something you would like to do or are currently engaged in to choose his game or interest. This can be as simple as a pause in watching your favorite TV show or washing dishes, to listen to her words. Our child must be convinced of our unconditional love. Much has been written about how to do that. If you are dealing with a child who is insecure in your love, PLEASE find a counselor or a God-inspired book or mentor that will help you know how to show this to your child. She needs to know that just because you get mad, that does not mean you do not love her. God gets angry with us when we sin. He doesn't over-react and He doesn't punish us in His wrath. He disciplines us because He loves us and so that our behavior changes.

The discipline technique, PICNIC, that I put on this website talks about "I" for immediate consequence. That needs to be clarified here. If you are angry, do not administer the consequence until your heart is calm. Send the child to her room while you go to your room and pray or unwind. A word spoken in anger can cut deeply into the child's self-concept, and often times, one angry word leads to another and a whole flood gate of cutting words can speed out of our mouths directly to the hearts of our defenseless children. If you spank, DO NOT spank in anger, or you will be taking a huge risk of hurting or abusing your child. If God were to discipline us in His anger, we would not be able to survive.

In summary, love and respect your child and yourself; live a genuine Christian life without fakeness; pray much; ask for forgiveness frequently; ask for help often; walk humbly before your God and get up each time you fall. Never, ever, ever give up.

Game Plan

1. Follow God's parenting example. Pray much.
2. Clearly state reachable expectations and reasonable consequences.
3. Make sure your child takes you at your word by always attempting to tell the truth and keep your promises of consequences (both positive and negative.)
4. Be approachable. Forgive and allow every day to be a new day. Forgiveness does not necessarily mean that the consequences should be removed. But, on some rare occasions, that should be a possibility.
5. Work through any personal issues of low self-esteem, get right with God through genuine pray and asking for forgiveness.
6. Love your child unconditionally.
7. Daily demonstrate this by allowing your child to see you stop what you are doing, in the middle of your activity, to pay attention to your child.
8. Use the technique PICNIC to work on one behavior at a time with your child. Start small and build up to the more difficult behavior. As you and your child gain victory on one behavior at a time, the success will add to your momentum in the victory.
9. Remember that God is the one to give us the victory.
10. Every time you feel you have failed, get up and try again. Never, ever, ever give up.

Ask Janice

What do I do when my youngest son, now a toddler, still doesn't sleep through the night?

The benefits of training your child to sleep through the night are huge. Your child will grow and develop better. We all know that sleep affects us in our work and school. Babies need to eat and sleep so they can grow and develop to their full potential. Brain development is huge at this age and sleep along with food can make all the difference. (Another side benefit is that mom feels better and is a better version of herself. She is a better mother. What an easy way to improve our parenting skills – sleep 8 hours.) Each of us responds to a sleepless baby in a different way. Some wake up and pat baby or nurse baby. Others say that when a baby can start sleeping through the night that you can start letting him learn to self-soothe and put himself back to sleep. That sounds a little less harsh than the way many of us refer to it as “let them cry it out.”

Another benefit of allowing children to put themselves back to sleep is that Mama learns to be able to say “no” and grows stronger for the days ahead when raising a child really gets tough. These first moments of toughness for mama are really some of the easier moments. Mama grows with baby. The little phrase of “little hearts, little troubles” often does apply and the easiest way to prepare for those harder adolescent and young adult struggles are to find victory in the early moments. It is also very important for our babies to begin to learn a tiny bit of independence from Mama. The ability to be able to put themselves back to sleep, will help them go to a church nursery or baby-sitter without a total emotional meltdown. It is better for Mama and for baby.....and everyone around them. It's not easy, but parenting requires tough love if it is going to produce healthy, independent adults. Three of my babies learned to sleep through the night on their own within their first 6 months of life. However, one of them did not. It took much self-control and strength for me to let her “cry it out”. But it definitely made me a better mommy and helped her as well.

Many adults who struggle with insomnia wish they had learned to put themselves to sleep. I have been told that children with ADHD need a wind-down or shut-down routine to be able to sleep at night. Otherwise they will not be able to stop thinking, their brain runs constantly, and they wake up more tired than when they went to bed.

I am trying so hard to be like Jesus, but I fail so much. It's very discouraging. How can I keep trying to raise my child according to the Bible, when I'm so imperfect?

If you have been close to Jesus (even though it is just when asking for forgiveness for sin and imperfections), we will have His fragrance on us. We will not be able to sense that, but others will. If we could see that we are becoming like Him, we would probably have to fight our pride. It's actually a good thing when we become sick of our sin and are frustrated when we continue to commit the same sin. The main encouragement I try to give myself is that Proverb: A righteous man falls seven times, but he keeps getting back up and trying again. God is not surprised by our falling, and He is very pleased when we keep trying.

How do I help my children know how to deal with popular kids?

I assume you are saying that your children are not in the group you are referring to as "popular." Many or most of our children crave to be "popular" and well-liked by their peers. But sometimes our children just don't fit that status. Their hearts get broken, and ours break with theirs. If your precious daughter does not fit that group, know that God has a plan for her life that may include surrender to His perfect will and a life of humility. (There is a special place for her in His heart—as well as for all styles of children and adults - but when I think of Jesus, John the Baptist, and many others, they don't seem to have walked a path of popularity.) Any help that you can give your daughters in this area of surrender and acceptance of God's words over their lives may help them avoid bitterness. It may be that God is using this instrument in her life so she will learn the value He places on her at an early age.

Our children are very young. What is the harm of them seeing violence, profanity, explicit scenes on television since they don't understand much of what they see?

Just as our babies learned to recognize our voices and to love music and other sounds when they were still in their mother's womb, they learn even when we don't realize it. Allowing them to see things that are not age appropriate just because we don't think they are comprehending it may be allowing their little mind and body to awaken appetites that are too early and that they may have to fight to control for the rest of their lives. Seeds planted while children are young may grow into plants whose roots are too strong to up-root without a battle. Maybe we need to ask ourselves whether we need to watch those scenes ourselves and whether those shows are building us up or tearing us down; are they pleasing to God?

How do I get my kids to listen to me? What can I do to change their habits of tuning me out?

First off, I would ask you if you feel that you are partially responsible in this problem. You should know by now that I do not blame mothers for being human and making mistakes. But, if you feel you have some responsibility and desire to work on this area, then here are a few ideas. 1) Perhaps reduce the number of things you say. When someone talks a lot, people often stop listening. Do not stop communicating. Try listening more than usual for a little while. 2) Make sure that your words are not something that is so painful that your children have to stop listening as a form of self-defense from your unkind or angry words. Try to increase saying kind things and words of praise for the things they do well. I have heard that for every negative thing we say, we must say 10 positive things to counter balance in the heart of a child. I tried to practice this, but I found it was far easier to reduce my number of negative comments. 3) If you are angry, bite your tongue until you can exercise self-control with your tongue. The Bible speaks a lot about the difficulty of controlling our tongues. (James 3) You are not the only one to be imperfect in this area. Allow God to use your imperfection to keep you humble – but let Him help you change. 4) When you do give instructions or commands to your children, try to choose ones that your child can obey and that you can inspect. Then follow the PICNIC rule. Reward obedience with a positive consequence immediately. If they did not obey, reward that with a negative consequence that fits the behavior immediately.

CAUTION: If you are angry, delay the consequence – take whatever time you need to control your anger and quiet your temper. Words spoken in anger can cut to the core of a child (or adult for that matter). Sometimes in anger we want to change the negative consequence to be a punishment and remove joy from our children (like canceling their birthday party). Don't fall into that pitfall. Make sure that the consequence matches the infraction.

Why does it matter what I read or watch?

Garbage in, garbage out. If you read garbage, it will plant seeds in your heart. Those seeds will grow. As you allow weeds to grow in your heart, you will see those same weeds grow in your child's heart, and they will be more deeply embedded and more dangerous in their lives. This is very definitely apparent with pornography. Things that we read that do not please God will also produce the bad result in our children. Likewise, when we battle against these addictions or appetites for the occult or romance or daydreaming, etc. in our lives, we win

victories and plant life-giving seeds that make our children's lives in God easier to walk in victory as well.

How do I stop yelling at my kids?

Examine the reason you are yelling. A) Maybe you yell because you are stressed. If so, find ways to reduce your stress. B) Maybe you yell because your children are not obeying you or taking you seriously when you speak normally. Try using the PICNIC method to get them to obey. C) Maybe they tell you things that upset you, and you react before you can control your emotions. I gave my girls a code. Anytime they were going to tell me something that might make me react, they were to preface the statement with our code, which was: "Don't get mad Mama, but...." Then, they must pause a bit before telling me the hard story. That helped me have time to make sure my self-control was strong and activated instead of me being emotionally driven.