

5. Be sure your adolescent knows she can always call on you for a rescue operation.

6. Teach your preadolescent how to handle other kids or adults who invade their private space in offensive ways.

7. Make your home an attractive place for your child's friends to gather.

8. Encourage group activities for preteens and early teens.

Here are a few texts that will remind us of God's view of self-control and responsibility.

(1 Cor 10:31 NKJV) Whether you eat or drink, or whatever you do, do all to the glory of God.

(Gal 5:22-23 NKJV) But the fruit of the Spirit is . . . self-control.

(Gal 6:7 NKJV) Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap.

(Proverbs 25:28, ICB) A person who does not control himself is like a city whose walls have been broken down.

(Titus 2:11-13 NIV) For the grace of God that brings salvation has appeared to all men. {12} It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope.

(2 Pet 1:5-6) Add . . . to knowledge self-control; and to self-control perseverance.

Other terms for self-control: Self-discipline, organization, order, self-denial, temperance, moderation, restraint, abstinence.

One Last Thought. . .

Christian mothers, be entreated by a mother to realize the responsibility resting upon you. Teach your children from the cradle to practice self-denial and self-control. Bring them up to have sound constitutions and good morals. Impress upon their tender minds the truth that God does not design that we shall live for present gratification merely, but for our ultimate good. These lessons will be as seed sown in fertile soil, and they will bear fruit that will make your hearts glad. {Ellen G. White, Child Guidance, p. 113}



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Christian Values Your Kid Should Know



Self-control and Moderation¹

¹ Based on the book "10 Christian Values Every Kid Should Know," by Dr. Donna Habenicht. Review & Herald

But the fruit of the Spirit is . . . self-control. Gal 5:22-23

Some children seem to have a natural inclination toward being organized, keeping with a schedule, and resisting temptations that other children cave in to.

GUIDELINES FOR YOUNG CHILDREN

1. Concentrate on one or two important lessons at a time. A household of breakables is too much for a toddler, but she can learn not to touch one plant or vase. Don't try to teach too many self-control lessons all at once. . . . your youngster will be overwhelmed.

2. Make the limits very clear, and be very predictable in your response to testing limits. Always – every single time – respond with a consequence that encourages self-control. You've lost the battle if you ignore the behavior sometimes and pounce on it other times.

3. Be generous with your praise of self-control.

GUIDELINES FOR OLDER CHILDREN

1. Establish a daily schedule in your home with regular times for eating and sleeping, playing, working, and studying. A daily routine helps children feel safe, secure.

2. Model self-control and moderation in your own life. Be careful about the other models your child sees.

3. Help your children learn to manage themselves and their time.

4. Use reasoning when you discipline so children will understand why they must behave in a certain way.

5. Teach your children to step back and think before they act: what is the right thing to do?

6. Don't give your children too much too soon and too easily.

GUIDELINES FOR TEENAGERS

1. With your teenagers develop specific guidelines for key areas. These might include driving and use of the family car, dating, sexuality, use of money, drugs, alcohol and tobacco, and personal appearance, or whatever your child needs.

Contracts can save a lot of headaches and hassles during the teen years. Teenagers like to be very clear about what is expected of them. If your teenagers are responsible, don't insult them with contracts; your verbal agreements might be enough.

2. Communicate your desire to help your teenager move toward independence.

FOCUS GUIDELINES

DRUGS

1. A strong family relationship is the best protection your children can have.

2. Make your family's position on the use of alcohol, tobacco, and drugs very clear.

3. Practice what you preach about substance abuse.

4. Do everything possible to help your children develop strong self-respect. Encourage their individuality, respect their viewpoints, provide support and affirmation. Find a positive role model.

5. Teach responsible social problem-solving skills and behaviors. Don't rescue your child from every difficulty or make life too easy. Don't make excuses or overprotect.

6. Educate yourself about drugs and addictions so you can provide accurate information to your children.

7. Teach decision-making skills and strategies for dealing with peer pressure.

8. Help your children achieve academic success.

9. Provide many opportunities for your children to develop critical thinking skills. Children need opportunities to talk about values, moral issues, and everyday life.

DATING

1. Begin early to prepare for dating experiences. Teach social skills and how to make friends and judge friendships. Teach boys how to respect girls and how to show them a good time without getting involved with sex. Teach girls how to dress attractively without being sexually provocative.

2. Decide on an appropriate age for your child to begin dating.

3. Develop clear guidelines for appropriate dating activities.

4. Communicate clear rules for dating behavior that help prevent overwhelming temptations for sexual activity or alcohol or drug use. Insist that at least one adult chaperon be present at all parties and that your child does not go to a party where drugs or alcohol are available. Be very clear that your child should not be alone with a friend of the opposite sex at your home or anyone else's home.