

How will you be intentional this year?

- Pray daily for and with your child.
- Consistently spend time reading the Bible.
- Add value to your child by speaking life-giving words daily.
- Attend church regularly

WHAT IS PREPARING FOR ADOLESCENCE?

As your child approaches a major transition stage of their lives, teaching them good faith principles and their purpose in God will continue to establish a strong foundation of Christian principles.



RESOURCES

- **The Chat**
by Joel Chelliah
- **Girl Stuff**
by Kaz Cooke



THE COMMITMENT OF THE PARENT

For many the transition from childhood to adolescence can seem turbulent and chaotic. Adolescence is a time of change for both the parent and the child, as well as a time when the ways in which you relate with one another shift. Preparing your child for change can be instrumental in how your child faces these years.

Remember, this is a season of changes your child has never encountered before.

During this process, your child is in critical need of guidance, encouragement and stability. As their parent, you can lead your child into greater understanding of their identity in Christ. Your investment here will be seen in who your child grows up to be during adolescence.

Here are some ideas for you to impart this value into your child as they venture out of childhood:

- Spend time with them one-on-one.
- Read the Bible together.
- Create space and openness for them to ask questions.
- Keep lines of communication open by encouraging them in their wins.
- Impart wisdom from your own experiences.
- Lay a moral foundation even before they, or you, are ready to discuss the mechanics of sexuality.
- Don't forget to laugh... awkwardness is the norm!

Every stage of your child's life has some tough times and challenges as well as good times and blessings. Embrace the special and unique opportunities at every stage of your child's life.

Don't be afraid of the challenges. Address them **BOLDLY!**

The best way to prepare your child for the changes and challenges coming is to have open dialogue. Here is an overview of when, what and how to have this dialogue:

WHEN: Often parents are concerned that they will overwhelm their child or encourage early curiosity if they attempt to prepare their adolescence prematurely. The greater concern here is the likelihood of someone else educating your child before you do.

Typically, children are ready before the parents are and of course not all children are the same. That is why engaging in one-on-one time is incredibly important to your child's development. By spending this time with them you're able to get a sense of where they are at and when is going to be an appropriate time to start the discussion. Seek wisdom on the timing of your conversations.

WHAT: Plan to address all areas of change in which your child is going to encounter.

- **Body:** It's important to frame the physical changes ahead when preparing them for adulthood. Your child, whether male or female, needs vision for how these internal and external changes will prepare them for the future.
- **Decision making:** Increasingly, your child will begin to make and assume responsibility for their own decisions. As you discuss this with them, reinforce your Christian values and principles as a family. This may include individual responsibility (i.e. chores, school, friendships, etc.), drugs and alcohol, sex, and their health. The first nine chapters

of Proverbs can help guide your child on choosing wisdom.

- **Relationship to you:** Consider explaining to your child that over the next decade your role will gradually change from teacher to that of a coach. You will begin to guide them towards independence. This is also a great time to intentionally foster relationships with other Godly adults who can influence your child's life, during the teenage years.

HOW: Here are a few ideas to get you started.

- Set aside a time for you and your child to go through recommended resources.
- Create an environment of open communication for your child to share, talk and discuss.
- Listen! Allow your child to share thoughts and questions.
- Have fun. Your child is much more likely to listen and be open with you if you have established a good relationship.



THE COMMITMENT OF THE CHURCH

These final years in Calvary Kids are to advance the child towards their teenage years, and prepare them to be a part of Calvary Youth. The program exists to encourage who they are and bring out the best of who they can be. In these years, we continue to establish a strong foundation of Christian principles. With a strong focus on helping your child to know their identity, Calvary Kids runs several programs that allow your child to grow in responsibility. Your child will be encouraged to continue to develop a deeper understanding of who they are in Christ.