

parenting CHRISTIAN kids

October 2020



Worship at RLC

Online each Sunday
at 9 and 10:30
www.rosevillelutheran.org

Drive In Worship at 9 and 10:30
on Oct 11 with outside seating—
bring your own chair.

****Register ahead for In-Person
Worship on October 18 at 9:00**

**** subject to change based on safety
guidelines**

Always Rely on Jesus

POWERSOURCE

ASK JESUS:

1. To guard your children and their faith during good times as well as challenges.
2. To make Jesus' love real to all your family members.
3. To help you trust God no matter what you're facing.

Family life brings plenty of challenges—and also plenty of opportunities to practice trusting in Jesus. Even positive changes can disrupt our schedules and affect relationships with each other and with God. Although you can't control everything that comes your way, you can minimize the impact of stress, change, and uncertainty.

Whether children are experiencing good times or facing challenges, they have three primary needs:

1. Consistent Relationships

When life gets tough, kids need reassurance and familiarity. Model the positive qualities of Jesus, who's consistently present, unconditionally accepting, attentive, affirming, and reliable.

2. A Safe Place Children need an accepting place where they can talk about what's happening in their lives. Be real with kids and encourage them to open up about their thoughts, fears, and emotions.

3. Boundaries and Structure

When new or different situations arise, maintain the same rules and routines, as much as possible. Let children know ahead of time what to expect. Then provide extra attention during changes.

The good news is that Jesus is *always* trustworthy, no matter what we're facing. Read on for active ways to share that important truth with your children.



TEACHABLE MOMENTS

Powerful Protection

Say: **God's special people were slaves in Egypt and were tired from working so hard. Moses told the Egyptian king, "Let my people go!" but the king didn't listen. So God sent plagues, or troubles, to the land—but God kept his people safe each time!**

Re-enact the first nine plagues:

Blood to water—Drop red food coloring into water.

Frogs—Hop around the room.

Gnats—Buzz in a high pitch.

Flies—Buzz in a lower pitch and zoom around the room.

Diseased livestock—Moo and moan; lie on the floor with arms and legs sticking up.

Boils—Put dots on your skin with washable red marker.

Hail—Throw paper wads.

Locusts—Nibble on some snacks.

Darkness—Turn off the lights.

After each plague, shout, "Let my people go!" Take turns sharing times you've seen God's power in action. Close in prayer, asking God to help

Jesus Won't Let You Down

When life spins out of control, children need reminders of Jesus' complete trustworthiness. They also may need skills to cope with anxiety or uncertainties. Use these tips to offer kids a much-needed B.R.E.A.K.:

Be an example. Minimize any unnecessary stresses and cast all of your own cares on Jesus (see 1 Peter 5:7).

Relate. Spend time together, share interests, listen, and cheer kids on.

Educate yourself. Learn what stressors your kids face each day. What goes on at school, at daycare, or with their friends?

Ask questions. Inquiries show you care—and help you understand.

Keep praying. Talk to Jesus regularly about what your kids are facing.

Trust Fall Have one partner stand behind the other and catch the standing partner as he or she falls back. Ask: "How did it feel to trust someone? How did it feel to be trusted—or not trusted?" Read (or summarize) Genesis 22:1-14. Ask: "Why did Abraham trust God? How did God reward Abraham? When is it easy or difficult for you to trust God? What does this Bible passage reveal about God that will help you trust him?"

Always Found With younger kids, unwind with a fun family game of Hide and Seek. After playing for a while, talk about how God looks out for and watches over us—at all times and in all circumstances.

Create a Smile File Not only is stress exhausting, but it removes our focus from life's many joys. Make a file, box, or journal where family members can put pictures or notes about God's blessings. Look through it together when you feel discouraged or overwhelmed.

Lick Life's Problems When life gets messy, spending one-on-one time with your children is crucial. If possible, take each child on a simple outing (for example, to an ice cream shop). Let your child air what's on his or her mind. Then

share ways you can stick together, trust God, and address any issues.

It's Stickin' Place an index card on each person's shoulder, and see if they can shake it off. Next, clip a clothespin on each person's shoulder, and see if they can shake it off (no hands allowed!). Ask: "Which was easier to lose, the card or clothespin? Why?" Read aloud Hebrews 13:5b-6. Say: "God is always with us. He's like the clothespin, not the card. We can trust God to stay with us wherever we go." Ask: "How does it feel to know that God never leaves you? When is a good time to trust that God is with you?"

Synchronized Skating "Skate" around a room, either with socked feet on a carpet-less floor or by placing paper plates under your feet. Then have pairs skate together, trying to do the same moves without talking. Change partners every two minutes. Afterward ask: "As you skated, how did you get to know your partners?" Read aloud 1 Corinthians 8:3. Ask: "How does it feel to hear that God knows you? How can you stay synchronized with God and always trust him?"

This newsletter is put together in conjunction with Group publishing and Roseville Lutheran Church.

Questions? Contact Julie Hanson, Director of Children's Ministry at Roseville Lutheran Church 651-487-7752 or jhanson@rosevillelutheran.org

"He is the faithful God who keeps his covenant for a thousand generations and lavishes his unfailing love on those who love him and obey his commands."
—Deuteronomy 7:9

MEDIA MADNESS



MOVIE

Title: *Enola Holmes*

Genre: Action, Adventure

Rating: PG-13

Cast: Millie Bobby Brown, Henry Cavill, Sam Claflin

Synopsis: In this anticipated new Netflix film, Enola (Brown) searches for her missing mother. Enola becomes a feisty and capable sleuth in her own right, outsmarting even her famous brother Sherlock as she unravels a dangerous, high-stakes mystery using her smarts and fighting skills.

Our Take: Fans of Millie Bobby Brown (*Stranger Things*) will love the premise and adventure of this film. Based on the book series by Nancy Springer, the story can inspire conversations about independence, loyalty, and grit.



MUSIC

Title: *folklore*

Artist: Taylor Swift

Synopsis: In the midst of the pandemic, Taylor Swift released her newest album with one day's notice to wide acclaim and enormous sales. The album marks a departure from Swift's typical pop stylings. The songs are simpler with a less-produced sound; heavy on guitar and piano with introspective storytelling. Swift calls it "a collection of songs and stories that flowed like a stream of consciousness."

Our Take: In recent years, Swift shed the innocent, upbeat lyrics and image that endeared her to young listeners (and parents). This new album is a step further into adult themes and language that aren't appropriate for kids.



CULTURE & TRENDS

Stress Epidemic Nearly 50% of parents with children under 18 report that their stress levels related to the coronavirus pandemic are high. Many also say managing kids' online learning is a significant source of stress, according to a new survey by the American Psychological Association.

([sciencedaily.com](https://www.sciencedaily.com))

Impacts of Isolation Though data on how pandemic isolation is affecting kids is still limited, a study of 2,330 children in Hubei province China where the pandemic originated offers some insights. During an average 33.7 days of lockdown, 22.6% of children reported depressive symptoms and 18.9% were experiencing anxiety. ([time.com](https://www.time.com))

QUICK STATS

Roll Up Your Sleeves Since the pandemic began, parents are bearing the brunt of increased activity (and mess) at home. In a recent study, 42% of parents say they now do at least three hours *per day* of household chores or cleaning. ([American Enterprise Institute](https://www.americanenterpriseinstitute.org))

Special Needs Strain Parents are concerned that children with special needs are more severely impacted by educational inconsistencies throughout the pandemic. Many report decreased virtual class participation, regressing social skills, and the interruption of specialized education and interventions. ([washingtonpost.com](https://www.washingtonpost.com))

Games, Podcasts & Apps

Wordington

This new word-puzzle app has kids solving puzzles to earn points and fix up an old house. Kids spell different words by drawing lines through letters arranged onscreen. Kids can buy hints with coins earned through play. The game has no objectionable content and is appropriate for ages 8+.

Funbrainjr.com

This site is a learning hub for preschoolers, offering games, stories, apps, and printables. The site also includes reading and math exercises, plus activities with parents. While education has been short-circuited due to the pandemic, this is a great option for families unable to get young children into preschool.

Highlightskids.com

This site offers elementary-age kids lots of fun diversion, including jokes, polls, reading, math, hidden pictures, educational topics to explore, and even ways to share their artwork. Kids can even tune in and listen to stories on demand or choose a kid-friendly recipe to make at home.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions



What is RLC Kids?

RLC Kids is the new name for our Sunday morning ministry for kids ages 3 years through 6th grade. We made a name change to better identify our ministry to those outside of our church doors. Register to get up to date info on when we can meet in person and what that looks like.

When you register for RLC Kids, each child gets a Worship Kit. Inside this kit is a Bible and various items for kids to use during worship to help them engage with what is going on.

Why do I need a Worship Kit?

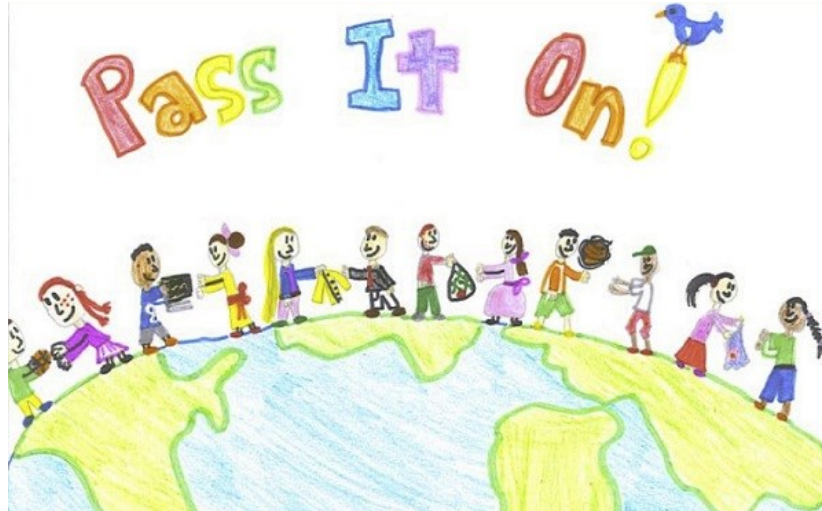
A Worship Kit is NOT just a bag with activities in it. It is a tool to use to help kids be more a part of Worship at RLC, whether it be online worship for that 30 minutes, or Drive In Worship, or eventually in-person worship. At each worship service, there will be symbols at each part of the service that coincide with the things in the Worship Kit. For example when you see the music notes, kids pull out the ribbon wand. When you see the cross at a prayer, kids pull out the cross and hold it. It is our hope that kids will enjoy these kits and bring them to church with you when we are able to worship in person!

To register for RLC Kids, go to the church website:

www.rosevillelutheran.org and click on

Ages and Stages (upper right corner) and then Children's Ministry

Upcoming Events and Activities for Families at Roseville Lutheran



Virtual Christmas Program for Families

Pass It On!

We have a fun and unique plan for our Family Christmas program this year! Each family will record their portion of the program and send it to us. Our amazing video expert will put the pieces together for a fun and meaningful Christmas program for all to watch safely at home.

If your family would like a part of this program, let Julie Hanson know by October 15th at jhanson@rosevillelutheran.org OR
Call the main office 651-487-7752

Let's be the hands and feet of Jesus in the months ahead!

Instead of trying to “do it all” let's concentrate on how we can help others and participate in activities that bless our neighbors and our community partners! Look for ideas and opportunities in Julie's weekly email on Tuesday mornings in the weeks ahead! It is our goal to help you find community in small ways to bless others and yourself!
NOT on Julie's email list? Let her know at jhanson@rosevillelutheran.org



5 Truths Every Parent of a Virtual Learner Needs to Hear

A Parent Cue Blog post by Rebecca Brown

I was sitting on the couch in my living room when I heard the news about digital learning for the 2020-2021 school year. Do you remember where you were?

Sure, I know this isn't necessarily a major, life-altering moment in history where you'll never forget where you were when the news broke. But then again, maybe it is? After all, it's not every day that parents become teachers, and students begin learning from home online. And like those moments in history where you'll never forget where you were, you're now charged with the weight of the event's impact.

Finding a device for each one of your kids.

Teaching your child to navigate digital tools while you navigate your own job.

Adding another thing to the list of parental duties apart from chores, sports, dinner . . .

I am a public elementary school teacher, and I see the stress on parents' faces in those Zoom calls. I hear it in their voices over the phone. I feel it in my own heart some days. While this time might seem overwhelming and just plain frustrating, here are five truths that every parent with a virtual learning student needs to hear:

There's grace.

The first message our principal spoke to us when we returned to school was that simple. We must have grace for each other—for our students, parents, and colleagues. As teachers, we know this is uncharted territory. We know that you might be struggling. So when that day comes when your child misses the Zoom call or the computer dies in the middle of a lesson, know that we understand. There's an abundance of grace for you, and we'll support you with whatever it takes. Remember this truth in the middle of your frustration, and have grace for yourself.

Rely on your child's teachers.

I promise you that no one is under the impression you've recently obtained your official home-school teacher certification. We understand that you haven't been a third-grader in quite a few years. With that said, teachers want you to lean on them for every question, concern, or problem. Never feel like you're alone in helping your child be successful in this. That old cliché, *it takes a village*, is true. We're all here for your kids, and we're rooting for their success!

Set the right environment.

You don't need to have a magazine-caliber study room for your child to thrive in virtual learning. Your kid will be successful if they feel supported in their work. Teachers try to create an environment for students that's welcoming, challenging, and safe. For helping kids feel welcome in their learning at home, you might say, *"This opportunity to learn from home is exciting to me. I can't wait to see your growth!"* To support them in challenging times, you might say, *"I love that even when something is difficult, you don't give up. You're growing right before my eyes!"* For helping your child feel like it's safe to make mistakes, you may say, *"Good students make mistakes. When you make a mistake, your brain gets bigger!"*

Don't forget to laugh.

In the moment, it's not even remotely funny when the link doesn't work. Or the page can't be found. Or the child is whining. Or the content is beyond your knowledge. In fact, a laugh might strike up an initial urge to fling your device across the room. (No judgement—I've been there!) But to navigate these virtual times, it's necessary to keep things lighthearted. If you can remember that there's grace and that the assignment will get done at some point—even if that day is tomorrow—you won't regret it. Your light-hearted smile in these moments will ease your child's stress and yours as well.

Remember resilience.

Perhaps now more than ever, our children are experiencing increased levels of change and difficulty. While adversity is a part of life, adults know that resilience is built by being faced with challenges that we learn to overcome. What if this season of COVID-19 is *the* season your child learns resilience? What if this is when they learn to persevere when things get difficult in math? What if this is when they learn to try another strategy when something isn't working? This season is critical. Don't miss it.

This year has been many things for our families, and this virtual school year will bring its own challenges. However, one thing this year will not be is a waste.

It will not be for nothing.

It certainly won't be a setback.

With you, parent, it will be a year of perspective, change, and growth. Your child is ready, your teacher is ready, and even if you don't feel like it . . .

You're ready.

PARENT CUE

Parent Cue is a group of family experts and everyday parents coming together to help inspire you to make every fleeting moment count before your kids move onto their next adventure.

Go to theparentcue.org to find blogs, podcasts, articles and other information on a variety of topics relevant to the phase your child is in today, whether that be welcoming a new baby into your family or sending your child off to college or their first job (and everything in between!)

Making Kitchen Bundles for Bridging!



Over 70 bundles were made and immediately handed out at Bridging! We will do this again in January– the need is great!

