

parenting CHRISTIAN kids

August 2020



Worship at RLC

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

Drive In Worship at 9 and 10:30
on Sept 13 and Oct 11

****Register ahead for In-Person
Worship on Sept 20 at 9:00
And October 18**

** subject to change based on safety
guidelines

Talk with Children About Race

POWERSOURCE

ASK JESUS:

1. To guide your conversations about tough topics such as racism and discrimination.
2. To remove any stereotypes from your heart and mind.
3. To work through you to build a family and community filled with loving acceptance.

In addition to all the “normal” parenting challenges, 2020 has been filled with tough news and difficult situations to explain to kids. During a deadly and disruptive pandemic, protests erupted against racial injustice.

Even if racial conflict isn't a hot topic in your particular community, church, or schools, all parents are faced with addressing race in age-appropriate ways. We may assume that kids are “color-blind” and need to be shielded from talk of prejudice; however, experts warn such assumptions can unintentionally perpetuate stereotypes.

Author Dallas Willard said people can unknowingly pick up beliefs like a wool jacket picks up lint, and it takes intentional

effort to deal with all that “cultural lint.” Kids watch parents, listen to us chat, and absorb the news, so while it's a good start, it's not enough to only say, “God loves everyone, and so should we.”

It's true that God loves everyone, but he also created people differently. And as a God of justice, he wants his followers to stand up against all types of discrimination and prejudice.

Conversations about race can feel awkward, and societal problems can seem overwhelming. But as recent events in America have shown, *beginning* the conversation is an important first step. Read on for ideas about how you can address race and equality with your children.



TEACHABLE MOMENTS

Unity in Jesus

With tape, mark off an area not quite large enough for all family members to sit in. Set pillows near the area. Tell everyone to sit inside the tape. Then bring out stuffed animals and put them on the pillows. Say: **I'm sorry you're crowded, but pillows are only for our special guests.** Bring out more animals, and have people *stand* inside the tape to make room for the animal "overflow." Then bring out even more animals and have people stand *behind* the taped area.

Ask: **How did you feel when you couldn't sit on the pillows? when you had to give up your seat?** Say: **Years ago, black people had to sit in separate areas and attend separate schools—all because of skin color. Eventually, laws were changed so black people could be treated fairly, but racism and hatred still exist.**

Read Galatians 3:28. Say: **Jesus loves people of every color, and we're all very special to Jesus.** Rip up the tape, join hands, and close in prayer.

Stop Racism Before It Starts

Parents have many opportunities to take action against racism:

- Begin young, modeling how to embrace and celebrate all skin colors.
- Don't ignore racial differences. Answer children's questions honestly.
- Surround yourself with people who don't look like you, and listen to their stories and experiences.
- Forbid name-calling and racial slurs, and treat all people equally.
- Seek out multicultural activities, books, toys, TV shows, and films.
- Become secure in God's love for you, and affirm the dignity of all races.

Open Invitation Form two groups. Tell groups they can't speak or interact, but must work together to build a two-story house made out of Lego building blocks (or other blocks). Allow two minutes. Ask everyone to assess the result. Say: "Now we'll try again, but you're all one group and you can speak and interact." Allow two minutes. Ask what was different between the experiences. Read James 2:8-9. Say: "Jesus told us to love others as ourselves. How can we include others in our day-to-day lives?"

Same Shadows Use a bright light to cast shadows on a wall, and then make shadow puppets. Ask: "Which of your shadow puppets is your favorite? How are they all the same? different? How are we the same? different?" Say: "People are alike in so many ways. One way is that no matter our skin color, we all cast the same color shadow!"

Reflections Look into a mirror. Say: "I'm looking at a picture of someone God says is very special. Would you like to look? I'll show you, but don't tell who you see." Hold the mirror up to each person, one at a time. Ask: "Did we all see the same person? Who did you see?" Say: "God thinks we're all special and doesn't have a

favorite. The person you saw doesn't look exactly like anyone else. It's wrong to dislike someone because of how they look." Read 1 Samuel 16:7. Say: "No matter what you look like, God thinks you're special—because of what's inside your heart." Pray, thanking God for making everyone special.

Sound Off Beforehand, record four people talking. Play each voice, and ask: "Does this person sound kind? fun? Would you like to meet this person? What color is their skin? Does that matter?" Say: "Martin Luther King Jr. believed God wants us to love all people, no matter what they look like. King tried to change laws that treated people unfairly due to skin color." Read John 13:34-35. Ask: "What does it mean to love all people as God does? What does it mean to love each other equally?"

Face Mosaics Hand out white construction paper. Provide 1-inch squares of "skin"-colored paper (brown, black, pink, beige); "eye"-colored paper (blue, brown, green); red paper; and "hair"-colored paper (yellow, brown, black, red). Create mosaic faces combining all the skin colors. Then complete the faces with eyes, lips, and hair. Say: "God created us using all kinds of colors to make each person unique!"

For Christ himself has brought peace to us. ... he broke down the wall of hostility that separated us.
—Ephesians 2:14

MEDIA MADNESS



MOVIE

Title: *Mulan*

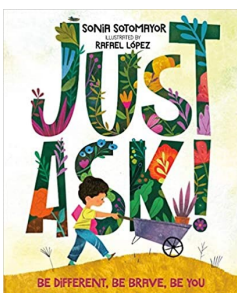
Genre: Action, Adventure, Family

Rating: PG-13

Cast: Liu Yifei, Donnie Yen, Jet Li

Synopsis: This film, based on Chinese folklore, is a live-action version of the 1998 animated hit—minus the hit songs. It's the first Disney live-action remake to receive a PG-13 rating (for violence). The main character, a Chinese maiden, conceals her identity so she can serve in the Imperial Army as a "male" warrior.

Our Take: As an epic tale of heroism, *Mulan* shows that young people—girls, too—can display strength and courage. The movie can serve as a springboard into researching Chinese history, traditions, and culture. Scenes of peril and battles may get intense.



BOOK

Title: *Just Ask!*

Author: Sonia Sotomayor

Synopsis: Subtitled "Be Different, Be Brave, Be You," this book from the first Latina U.S. Supreme Court justice features 12 kids who face various challenges and abilities. Through a community-gardening project, Sotomayor's picture book conveys the message that people's differences make the world more vibrant.

Our Take: Readers will learn that it's okay to be curious about other people's differences, to ask questions politely, and to become friends with them. Sotomayor, diagnosed with diabetes as a child, encourages a direct approach and an "honoring" attitude. Questions help families discuss and relate to each child's experiences.

Games, Podcasts & Apps

kubb

If you want to try a new outdoor family-friendly game, check out kubb. In this Nordic activity, nicknamed "Viking chess," team members throw wooden batons to knock down blocks. Kubb is becoming popular in the U.S. because it's a bit physical, a bit strategic, and fun for all ages.

Julie's Library

Acting legend Julie Andrews, along with her adult daughter, bumped up this podcast launch when the pandemic hit. The pair read children's books aloud, discuss the themes, and suggest enrichment activities. The book choices and lively chats help spark a love of reading. Geared toward ages 4 to 10.

Stay Play Grow

This new free app is designed to support parents of children from birth to age 5, especially during the pandemic. It offers learning activities, information about how to get basic needs met, self-care strategies, and advice about safety and health—including how to talk to kids about the pandemic and racism.

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



CULTURE & TRENDS

Easing Re-Entry Students returning to classrooms this fall could face a newfound "universal stress" as well as separation anxiety. Experts are reminding parents that kids are resilient and often mirror the responses of adults in their lives. Schools, despite tight budgets, are trying to boost social-emotional supports—especially for families of color, who typically don't use mental-health resources as often as white families do. (*various sources*)

Getting in Step Resolving conflicts is easier when the two parties walk side by side, a study shows. Walking together builds rapport and empathy while reducing stress and improving mood. (*psycnet.apa.org*)

QUICK STATS

Perceptions Vary In a survey conducted last year, 78% of Black practicing Christians said the U.S. has a race problem, compared to 38% of White practicing Christians. (*Barna.com*)

Under Suspicion Only 25% of White adults say they've been in a situation where people act suspicious of them, while 65% of Black adults say that has happened to them. (*PewResearch.org*)



To make our Children's Ministry programs more easily identified to people outside our doors, we have changed the name of Cornerstone and Luther League to be RLC Kids ... A ministry of Roseville Lutheran Church. It is our hope that anyone that wants to find Christian programming for their 3 year old through 6th grader will know that RLC Kids is for them!

Register today to be a part of RLC Kids! We are handing out Worship Kits to all kids registered to help them better engage in our worship services whether online, Drive-In services or eventually In-Person worship. These kits will include a Bible and various object that associate with the different things we do in worship.

Register for RLC Kids on our church website:

www.rosevillelutheran.org



Upcoming Events for Families!



Sept 27th we will be assembling Kitchen Bundles for clients of Bridging outside, socially distanced at RLC. Bridging is in desperate need of kitchen towels, dishcloths, can openers, spatulas, pancake flippers, and other kitchen utensils for their clients that are transitioning into a home of their own.

If you are able, please donate any of these items, bringing them to church on Sunday, Sept 27th where we will assemble Kitchen Bundles on the upper parking lot and grassy area at 10:00.

The Dollar Store is a great place to get some of these items.



We are assembling Care Packages again this year for recent RLC grads that are on to their next adventure. This will be orchestrated a little differently this year though, in that we are asking families to get the name of a recent grad and their “wish list” and put together a package to send to them. If you are interested in helping with this project, contact Julie Hanson at jhanson@rosevillelutheran.org

A photograph of a light-colored notebook with gold and black polka dots, lying on a wooden surface. A wooden pencil rests diagonally across the notebook. In the top left corner, a small green succulent is visible. The text 'A CHECKLIST FOR A SUCCESSFUL (SOCIALLY-DISTANCED) SCHOOL YEAR' is overlaid in white, bold, sans-serif capital letters.

A CHECKLIST FOR A SUCCESSFUL (SOCIALLY-DISTANCED) SCHOOL YEAR

Taken from an article by Holly Crenshaw on
the blog Parent Cue

Maybe you're one of those parents who has cherished more "together" time with family during the Covid pandemic quarantine. Or maybe you're one of those parents who has kept a calendar of when the kids would *hopefully* return to school and counted down the days since Day #1 of summer.

Probably for most of us, it's a mixture of both. We're anxious about our kids' safety and health, but we also know it's time to return to "normal" life as much as possible. No matter where you land, we want to help make the transition as smooth as possible for you and your family!

Below is a checklist you can use as a guide to prepare for the coming school year—which is sure to be like no other before it.

1. Establish a schedule before the first day of school.

Waking up early after weeks of sleeping in is no fun for anyone. Before school starts, start waking up your family and sending them to bed at the same time you will during the school year. This will save a ton of yawns that first week back.

2. Create a weekly check-in.

Choose a time during the weekend to huddle around a calendar with your family. Maybe it's Sunday night after dinner—everyone shares their plans for the week and discusses any changes from the regular routine. Who has practice? Who has carpool duty? Who has a doctor's appointment? Does everyone have enough masks to get through the week?

3. Create a rhythm of table conversation.

Try to eat dinner together as many times a week as possible. Establish a habit of asking each other, "What was the best part of your day?" and, "What was your least favorite part?"

4. Choose a designated space for daily supplies.

Where will the bookbags go? Shoes? Lunch boxes? Grab a few hooks and a couple of baskets and create a go-to spot for collecting items your kids will take with them every day. Add a bottle of sanitizing spray to the area to keep everyone as germ-free as possible. This will help you get out the door faster and eliminate the potential for frustration.

5. Set up a distraction-free homework area.

Determine what the rules about homework are. Will you require your student to begin their homework immediately? Give them an hour of downtime? Allow them to wait until after dinner? Make a plan for whatever works best for your family. Then, create an area free of TVs, gaming systems, clutter, etc.

6. Talk it out.

Starting a new school year can give a kid of any age anxiety—especially this year. Make your child's favorite lunch or dinner before the first day of school and talk about the upcoming year. Encourage them. Let them ask questions—especially about what may be different in light of Covid. Remind them of their wins last year, and discuss your expectations for the new school year.

7. Reach out to your student's teacher.

This is especially helpful for parents of younger students. Send in some supplies—tissues or markers or hand sanitizer—and attach a note that introduces you and your kid. Offer your help and support. Ask them what their favorite treat is, and then surprise them with it a few times during the year.

8. Start each day right.

The best way to start your kid's day of school is with some daily encouragement. Send them off to school with words that fill their heart.

"I've already been praying for you this morning."

"You look beautiful/handsome/sharp this morning!"

"I love starting my day with you!"

9. Create clear parameters.

Be clear and consistent with the rules about homework and bedtimes and the consequences for not following them. Define a reward system, whether it's extra screen time or a later curfew.

10. Pray, pray, pray.

Gather your family (and other families, if you want!) and pray for the new school year. Reassure your child that you'll continue to pray for them as the upcoming year progresses.

Parent Resources!

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!)

Questions or Prayers Needed?

This is a really stressful time and there are a LOT of things you have to juggle!

If you need to chat, or want us to pray for you, please let us know! Contact Julie Hanson at jhanson@rosevillelutheran.org

You don't need to walk this journey alone, and know God gives you grace— EVERY DAY!