

Books and Other helps

PARENTING AND GRANDPARENTING

- ***Parents & Grandparents as Spiritual Guides. Betty S. Cloyd, Upper Room Books, 2000.***

It is frustrating sometimes to be distant from your grandchildren and yet wanting to influence their spiritual growth. This book gives great ideas for parents or grandparents to ensure that our Christian faith is being passed on to our children and grandchildren.

- ***Bringing Up Boys: Practical Advice and Encouragement for Those Shaping the Next Generation of Men. Dr. James Dobson, Tyndale House Publishers, 2001.***
- ***The Five Love Languages of Children. Gary Chapman & Ross Campbell, Northfield Publishing, 1997. ISBN – 1-8812733-65-2***

Each individual expresses and sends love through different communication styles. Gary Chapman & Ross Campbell stress that it is important to know which style best fits you, your spouse, and each of your children. Five important styles of communicating love can be used to “fill up” our children’s “love tanks” include: words of affirmation, quality time, gifts, acts of service and physical touch.

- ***How to Be a Happy Healthy Family: Ten Principles of Families That Succeed. Jim Burns, Word Publishing, 2001. ISBN – 0-8499-4269-1***

Jim Burns believes that one of the most important factors in being a happy healthy family is reducing stress in our lives. Easy to say, but hard to do! Many families today live in a crisis mode of overloaded schedules that leads to relationship difficulties because of over-commitment and exhaustion. Not only are we physically tired, emotionally “wired,” and starved for attention from family and friends, but we also begin to move our spiritual life from a passion for God to rote prayers and dull faith. Healthy homes have less stress and more margin between current

loads and outer limits. Families accomplish this only by "ruthlessly eliminating stress" - by learning to say "NO" to over-involvement even in "good" activities.

- ***Guilt-Free Parenting: Escaping the "Perfect Parent" Trap.* Robert & Debra Bruce and Ellen Oldacre, Dimensions for Living, 1997. ISBN – 0-6870-5994-1**

Robert & Debra Bruce and Ellen W. Oldacre address the issue of the pervasive sense of guilt many Christian parents feel that they don't measure up to "perfect parenting." Trying to be perfect is a trap of unrealistic expectations that only leads to anxiety, overwork and ultimate exhaustion. Feeling guilty can be helpful if it nudges you to make changes that will improve your life, but too much or misplaced guilt leads to less productivity and depression. Become aware of the talents God has and has not given you and accept your human limitations of time, energy and talents. Be willing to ask God for guidance in parenting and other issues and seek the fellowship and support of other caring parents.

***The Grandparent Guide: The Definitive Guide to Coping with the Challenges of Modern Grandparenting,* Arthur Kornhaber. McGraw-Hill, 2002.**

Kornhaber, one of the leading experts on grandparenting, identifies spiritual guidance as one of many roles for grandparents. Kornhaber says, "Acting as a spiritual guide involves teaching your grandchild to harvest such fruits of the spirit as love, tolerance, compassion, reverence, joy, peace, gentleness, faith and kindness." While parents also teach these values, their main attention is on providing for their children daily care, education, and social skill development. But grandparents can transcend immediate needs and focus on soul nurturing. By setting positive examples, a grandparent can counter balance some of society's toxicity. Some of Kornhaber's specific suggestions include demonstrating honesty by driving the speed limit, returning excess change at the counter, sharing reverence for creation, helping others in need, respecting others' beliefs, showing compassion to all, and involving grandchildren in your own rituals of faith when visiting with them.

***Games Grandmas Play: Life Lessons on Christian Faith and Grandchildren.* Joan Jacobs. Geneva Press, 2001.**

ISBN # 0-664-50150-8.

Jacobs, a graduate of Fuller Theological Seminary, combines theology, life experience, humor, and creative ideas to provide practical tips and spiritual wisdom for connecting the generations. In this short book, Jacobs uses the format of a game in each chapter to discuss issues like choices, teamwork, handling disappointments and other issues.

Putting Family First: Successful Strategies for Reclaiming Family Life in

***a Hurry-Up World.* William J. Doherty and Barbara Z. Carlson. Henry Holt and**

Company, 2002. ISBN# 0-8050-6838-4.

The authors are the founders of the Putting Family First organization. They have a vast amount of experience in supporting families in our fast-paced and often toxic society. From the back of the book, we find these statistics highlighted: "In the past twenty years, children's free time has declined by twelve hours a week; time spent on structured sports activities has doubled; family dinners are down by a third; and the number of families taking vacations together has decreased by 28 percent." Family members must be intentional about nurturing their relationships and providing opportunities for connecting with one another. This book looks not only at family-choices about how we parent, but also gives innovative ideas about setting priorities, dealing with conflicts, and creating meaningful family rituals.

***Parenting in the Pew: Guiding Your Children Into the Joy of Worship, Expanded Edition.* Robbie Castleman. InterVarsity Press, 2002. ISBN # 0-8308-2340-9.**

Castleman combines humor, sound theology, and practical and creative ideas for making worship meaningful for children. This expanded edition includes specific suggestions for how parents can best meet the needs of hyperactive children in worship. Castleman also believes that specific children's worship service (often preferred by "seekers") should be used only if it is a time of

preparing children to participate in the liturgy of the whole congregation. Castleman also includes discussion questions that make it ideal to use not only in small group settings but also for personal reflection.

***Meditations for Single Moms.* Susanne Coalson Donoghue. Herald Press, 1997. ISBN # 0-8361-9061-0.**

This book contains thirty sets of inspirational message appropriate for the single mom. Single parenting brings with it a unique set of challenges. As church families, we need to be ready to support the single mom or dad as they face stress, suffering and grief issues. Books like this one make a good addition to your library of other devotional materials.

***Diapers, Pacifiers, and Other Holy Things: Words of encouragement for mothers of preschoolers.* Lorraine Pintus. Chariot Victor Publishing, 1995. ISBN # 0-7814-0246-8.**

This is another great resource for a specialized subset of parents. The book contains thirty-one short chapters that suit a busy parent likely to be easily interrupted by young children with immediate needs. The humorous or inspirational stories in each chapter can be read during breast feeding sessions or on short trips to the bathroom. Each chapter concludes with a "Time Out" set of questions for personal or group reflections.

***What Parents Need to Know When Parents Get Divorced: A Book to Read with Children Going Through the Trauma of Divorce.* William L. Coleman. Bethany House Publishers, 1998. ISBN # 0-7642-2051-9.**

Coleman, a licensed family counselor, provides guidance for caring adults to discuss this critical issue with children whose parents are divorcing. This book is meant to generate discussion as an adult reads with the child. Topics include how to communicating the uniqueness and importance of each child, how to reassure the child of both parents' continuing love, how to encourage children to talk about painful subjects, and how to help children continue to connect with both parents. Spending this kind of quality time with our children reminds them of God's love for them. This book is a great addition to a church library of resources for children whose parents are divorcing.

FaithHome for Parents. Abingdon Press, 1999. ISBN #

Parenting Today's Adolescent, Helping Your Child Avoid the Traps of the Preteen and Teen Years, Dennis and Barbara Rainey, Thomas Nelson Publishers, 1998. ISBN 0785270841

In *Parenting Today's Adolescent*, the Rainey's draw from their own experiences raising six children, teaching hundreds of preadolescents in Sunday school, and speaking with parents throughout America to provide them a mapped-out plan for adolescence. Topics include friends, and peer pressure, clothes and appearance, dating and sex, music and movie choices, jobs and more. The book presents strategies you can put immediately into action to guide your child to a responsible and God-honoring adulthood.

The Power of a Praying Parent, Stormie Omartian, Harvest House Publishers, 1995. ISBN 1565073541

Thirty topically based chapters guide parents in how to pray comprehensively for their child(ren). The book addresses various areas of concern and struggle in raising children from cradle through young adulthood. Each chapter includes the authors own experiences and perspective on the topic followed by a sample prayer and a listing of scriptures pertaining to that particular subject.

The Disconnected Generation: Saving Our Youth from Self Destruction, Josh McDowell, W Publishing Group, 2000. ISBN 084994077X

In *The Disconnected Generation*, Josh provides a biblical blueprint for entering your children's world to make that connection at an emotional level so deep that no cultural influence can destroy it. He will help you discover the six relational connection points vital to your young person's development. And you will learn that such connections will give young people their needed sense of authenticity, importance, security, significance, lovability, and responsibility.

The New Learning about Sex Series: A Series for the Christian Family

Book 1: Why Boys and Girls are Different: Ages _____

Book 2: Where Do Babies Come From: For Ages 6-8 and parents, ISBN 0570084822

Book 3: How You Are Changing: Ages _____

Book 4: Sex and the New You: Ages 11-14, ISBN 0570035651

Book 5: Love, Sex and God: Ages 14 – Young Adult, ISBN 057003566X

Book 6: How to Talk Confidently with Your Child about Sex: Parents Guide, ISBN 0570035678

Book 7: Human Sexuality: A Christian Perspective

From preschoolers to adults, the *new Learning About Sex* series makes the awesome gift of sexuality understandable to all. Age-appropriate language and graphics throughout the seven books ensure that the reader is not getting too much or too little information. The first six books aid parents and teachers in the often difficult task of introducing and explaining the wonderful, God-given gift of sexuality. The seventh book speaks to adults, both single and married, to provide a practical, biblically based guide to the spiritual, emotional, and physical aspects of human sexuality.

One Home at a Time: Restoring the Soul of America Through God's Plan for Your Marriage and Family, Dennis Rainey, Focus on the Family Publishing, 1997. ISBN 1561795453

One Home at a Time provides the clarity and direction today's family needs to be the strong, supportive, spiritual institution God designed it to be. Armed with these key principles, you'll experience the immense difference that comes from molding your life, marriage, and family around the Bible's truths. Commit yourselves to the Family Manifesto- a definitive statement of faith that provides each member of your family with a distinct, divine purpose – and be prepared for life-changing results!