

JULY PARENT LETTER

God Gives Me Friends

Do these activities with your child to continue the learning your child has experienced at church.



DO IT!



I Roll the Ball

I roll the ball to you.

You roll the ball to me.



I can share the ball with you
Because we're friends, you see!

SING IT!

Friends

(Tune: "Farmer in the Dell")

We can smile and wave.

We can smile and wave.

Because it's fun to be with friends,

We can smile and wave.



John 15:12 adapted



Pictures and Books

Friendly Children

Collect:

Books picturing babies and toddlers.

Do:

Show your child pictures in a book. Look at the pictures together.

Say:

Thomas, look at the pictures of the children in this book. Here's a baby who is sleeping. This baby is playing with a ball.

I like looking at books with you. You have friends. I have friends. God gives us friends.

TELL IT!

David and Jonathon Were Friends

David and Jonathon were friends.

They played like good friends do.

They helped each other, too.

Jonathon said, "I love you."

"Thank you, Jonathon," David

Said, "I love you, too."

God gives us friends, and we are glad.

(See I Samuel 18:1-4)

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God Gives Me Friends

This month your child is enjoying happy encounters with other children at church and associate God with happy experiences at church. They are learning about the friendship between David and Jonathon. And how “God gives us friends”.

Dealing With Separation Anxiety Part I

“Adapted from; “Toddlers on the Move” by; National Center for Biblical Parenting)

You’re the center of your child’s life, the source of security, the home base, the one that makes life work. Furthermore, moving toward independence is based on confidence & security. You provide that familiarity that becomes the basis for exploration into new territory. Many children struggle with the need to separate. They become quite attached to their parents & moving away from them is a challenge. Starting at around nine months & continuing until about age three, children struggle at various times & to various levels with letting you leave.

Your child's separation anxiety isn't manipulative, & isn't wrong. This anxiety isn't poor development, isn't manipulative, & isn't wrong. This anxiety is an expression of all that's going on inside & illustrates the depth of attachment to you. Because it isn't just bad behavior, you can't just “parent better” to make it go away. Parents who view separation anxiety as misbehavior miss the point & often use the wrong tool to solve the problem.

Separation anxiety is an emotional attachment. It's helpful to separate the emotion from the behavior as you work on solutions. The emotions aren't wrong but your child may engage in wrong behavior in the process. You want to teach your child proper behavior during the process. You want to teach your child proper behavior during separation times while at the same time empathizing & even validating the emotion inside.

We all need comfort & security, even as adults. God knew that as He was leading the Israelites. He said in Deuteronomy 31:6 “Be strong & courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you or forsake you.” Those kind of words bring comfort to our hearts as we experience the challenges of our own lives. Children are learning independence, but they need to do it with a sense of security as they venture out into new & uncomfortable territory. Here are some tools for easing the trauma.

Practice at home. Give your independence seeking toddler small chances to be independent with you in reach. Encourage play in the family room while you mop the kitchen. Play Hide & Seek. Send your child to another room to get a diaper for you to change. As toddlers experienced situations where you're gone & then reappear, they grow in the confidence that separating doesn't mean you're gone forever.

When a separation time is approaching, make the transition predictable. Since your child seeks security from your presence, concentrate on making the situation in which you leave as secure as possible. Give your toddler a little warning. Remember that too much warning too early can create the fear of anticipation, but some kind of advance notice can allow your child the emotional transition to face what's coming.

Create a routine. Ensure that your toddler has other security objects such as blankets, pacifier, or a stuffed animal. If you're taking him to the church nursery, then, in a low-key manner, as you're dressing him say something like, “You'll eat your cereal, then we will get into the car. When we get to church, Daddy will take you to see Miss Cindy at the nursery. You'll get to play with the cool cars & blocks. We will pick you up right after playtime.”

While your toddler can't understand time or even remember all of the steps, you're easing the situation by anticipating what's going to happen. To the extent that you can, follow the same pattern each time you separate. By reminding your child that you'll likely still have episodes. Yet, the more you follow a routine in separating, the more quickly the situation will feel secure.