

# MILESTONE #3

## PREPARING FOR ADOLESCENCE



CHANGE  
AHEAD

### GOD'S BIG PLANS

*For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. JEREMIAH 29:11*

### CAMPUS EVENTS

Beginning the Path to Purity for 4th & 5th Graders and Parents, Laura Gallier Author & Speaker

### FAMILY EVENT

Father/Son, Mother/Daughter Road Trip

### CORE COMPETENCY

Identity in Christ, spiritual growth, spiritual disciplines

Parenting through this stage of life can be very challenging. Your child is experiencing the natural changes of life as she approaches adolescence. The path that you have walked thus far as a parent will only grow more difficult as you commit to raising your child in the paths of righteousness. Guiding your child through this process is essential if you desire for her to avoid the pitfalls and traps that lead to destruction. The decisions your child makes during this period can be life altering, positively or negatively. We have been given this unique challenge as parents to impress the truth upon our children. There are many changes ahead. Here's just a few...

### **The Question of Identity-Who am I? Is this normal? WHOSE am i?**

Guiding your child through this question will impact the rest of their life. The adolescence years will challenge your child's identity to the very core of who they are. The question they may not verbalize but will certainly ask throughout this whole process is, "Who am I?" Certain influences on their life will be forcing them to ask this question repeatedly, i.e. hormones, peers, media, etc., Each of these influencers has an effect on how our kids think about themselves. As parents, we can lead our children to know God created them uniquely for His glory-**building God-esteem in their lives rather than self-esteem.**

During the IMPACT session, parents will learn more about these changes, how to encourage their children to discover who they are, how to develop relational capital a/k/a "heart connection" with their child, faith talks and God moments. Parents will also learn ways to guide your children to walk with God in ways of helping them see that a personal relationship with Him is a two way honest communication and obedience to God's truth. Daily discipline of prayer and a true understanding of a full life commitment with God will also be emphasized.

**RESOURCES** See back

## RESOURCES

***Young Believer 365: Devotions to Help You Stand Strong 24/7*** by Stephen Arterburn and Jesse Florea

***Logged on and Tuned Out: A Non-Techie's Guide to Parenting a Tech-Savvy Generation*** by Vicki Courtney

***Your Girl: Raising a Godly Daughter in an Ungodly World*** by Vicki Courtney

***Your Boy: Raising a Godly Son in an Ungodly World*** by Vicki Courtney

***5 Conversations You Must Have With Your Daughter*** by Vicki Courtney

***5 Conversations You Must Have With Your Son*** by Vicki Courtney

***Beginning the Path to Purity*** by Laura Gallier

***Girl Politics*** by Nancy Rue

***Everybody Tells Me to Be Myself But I Don't Know Who I Am*** by Nancy Rue

***Preparing for Adolescence, Family CD Pack: How to Survive the Coming Years of Change*** by James Dobson

***God and Me!: Devotions for Girls Ages 10-12*** by Linda M. Washington

***Gotta Have God: Devotions for Boys Ages 10-12*** by Linda M. Washington

***How and When to Tell Your Kids about Sex: A Lifelong Approach to Shaping Your Child's Sexual Character***  
by Brenna Jones and Stan Jones

***Lady in Waiting*** by Jackie Kendall

***Preparing For Adolescence, How To Survive The Strong Willed Child*** by James Dobson

***Bringing up Boys*** by James Dobson

***How to Mess up your Childs Life*** by Olivia Bruner and Kurt Bruner

***Parenting with Kingdom Purpose*** by Kenneth S. Hemphill, Richard Ross, and Ken Hemphill

***A Parent Privilege*** by Steve Wright and Chris Graves

***That's My Son*** by Rick Johnson

***The Case for Faith for Children*** by Lee Strobel

***The Case for Christ for Children*** by Lee Strobel