



parenting CHRISTIAN kids

Summer 2016



big life
community church

www.biglifecc.org

Worship
Sundays 10 AM

Traughber JHS
570 Colchester Dr.
Oswego, IL 60543

Take the “Chore” Out of Household Duties

POWERSOURCE

ASK GOD:

1. To help your children be willing, eager contributors to your family.
2. To give your kids—and you—a good attitude about doing chores.
3. To develop in your family members a heart for service.

In a recent national survey, only 28% of parents said they require their children to do chores—even though those parents realize the importance of having household responsibilities. “Parents today want their kids spending time on things that can bring them success,” says Richard Rende, co-author of *Raising Can-Do Kids*, “but ironically, we’ve stopped doing one thing that’s actually been a proven predictor of success—and that’s household chores.”

Chores also help children develop much-needed life skills and instill in them a sense of self-worth and belonging. Most child-development experts say kids shouldn’t be paid for household chores, which are part of contributing to family life.

Summer—when homework isn’t in the picture—is an ideal time to rev up your family’s chore assignments.

Here are some examples of age-appropriate tasks your kids can perform:

Ages 3 to 5: They can work alongside you to put away toys, place dirty clothes in a hamper, sort laundry, make their beds, and feed pets.

Ages 6 to 8: Children can dust and vacuum, put away their clothes, empty wastebaskets, set and clear the table, and help with some yard-work.

Ages 9 to 12: Kids can load and unload the dishwasher, unpack groceries, mop the floor, fold laundry, wash the car, and help prepare meals.

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Add Excitement to Chores



TEACHABLE MOMENTS

Team “Work”

Have family members line up, one behind another. Choose a leader to stand a few feet in front of the line and face the team. Have the leader throw a ball to the first team member, who then throws it back to the leader and stoops in place. The leader then throws the ball over the stooped player to the next teammate, who throws it back to the leader and stoops in place. Continue this way until the last team member has the ball. That person then carries the ball to the front and becomes the leader. The previous leader goes to the front of the line. Repeat until the original leader becomes leader again.

Afterward, ask: **How did our family work as a team in this game? When do we have to work as a team in our home? at school? at church?**

Read aloud Romans 12:5-6 and close in prayer: **Dear Jesus, thanks for each member of this family. Help us work together to serve you. Amen.**

For many children, chores imply drudgery. But that doesn't need to be the case! Use these tips to make chores a positive, productive experience:

- **Give kids ownership.** Enlist your children's help in selecting chores, as well as the consequences for not doing them in a timely manner.
- **Teach tasks with “shaping.”** First, let children watch you perform a task while you explain it. Then let them try one step at a time.
- **Use language cues and offer encouragement.** Say, “I see books on the floor” rather than giving orders. Thank kids for their efforts.
- **Spur teamwork in your family** by using the fun ideas below!

Terrific Teamwork Designate a time when everyone chips in around the house. For example, do chores at a particular time every Saturday morning. This reinforces the importance of each individual's contributions.

Whistle While You Work Play a favorite upbeat music CD while children complete their chores. Also, have kids brainstorm a new, more creative name for chores, such as “home fun” or “household helpers.”

Responsibility Roulette Mix up the chore routine by letting family members randomly select their tasks for each week. On slips of paper, write all the chores that need to be done. Then place them in a cup or jar. Every Monday, have family members select their jobs for that week.

Lend a Hand Make a creative chore chart to keep your family organized. Have family members each trace one of their hands on card stock and cut it out. Use markers to decorate the paper hands with a ring, a watch, or a bracelet. Attach a small self-adhesive magnet strip to the back of each handprint. Then place a sticky note on the center of each hand, and have family members

list their chores for the week. (Help younger children.) Place the hands on the refrigerator, pointing downward.

As family members complete their chores for the week, have them point their paper hand up to show that the tasks are done. Each week, replace the sticky notes with new lists.

Church Chores To show children how to extend the skills they learn while doing household chores, consider lending a hand at your church some weekend. Watch the church calendar for a designated “work day,” or just ask a staff member what tasks need to be done. Your family can clean out a closet, paint a room, organize pew racks, or straighten out the nursery or library.

Work and Rest Divide a long sheet of paper into seven sections, writing one day of the week over each section. Together, create a mural illustrating the different work and activities you all accomplish each day. Complete six days, leaving the Sabbath blank. Afterward, read aloud Exodus 20:8-11. Brainstorm different ways of resting on the Sabbath. Then choose how to make the Sabbath a special day for your family to relax with God and one another.

“Work willingly at whatever you do, as though you were working for the Lord, rather than for people.”
—Colossians 3:23, NLT

MEDIA MADNESS



MOVIE

Title: *X-Men Apocalypse*

Genre: Action, Adventure, Fantasy

Rating: not yet rated (likely PG-13)

Cast: Jennifer Lawrence, Rose Byrne

Synopsis: Apocalypse, the original mutant, has wakened from his slumber to find a world he despises. He recruits a group of powerful mutants to cleanse the world of humans so he can reign as a god.

Our Take: Although Marvel movies have often been innocuous, fun, and action-packed, this one introduces something more sinister. In one trailer, Apocalypse says, "I've been called many things over many lifetimes." One name he lists is Yahweh. So be wary about this movie. If your kids do see it, have a meaningful discussion about who is the one true God.



MUSIC

Title: *Faster*

Artist: Group 1 Crew

Synopsis: The Christian hip-hop group's new EP trilogy includes the digital mini-albums *Faster*, *Stronger* and *Power*. The five-member group, which has been around for almost a decade, had a radio single with the song "Forgive Me."

Our Take: This pop-infused band offers upbeat lyrics and melodies that make listeners want to get up and dance. The song "Everyday Is a Miracle," which features Christian singer Rachel Lampa, emphasizes the beauty of life. "Time flies. Yeah, we only get one life. What you gonna do with it?" the chorus asks. Older kids and preteens will enjoy this positive alternative to secular hip-hop groups.



CULTURE & TRENDS

Tablet Takeover More than 80% of U.S. children now have access to a computer tablet, and the number continues to grow. Experts predict that toddlers' tablet capabilities may become one way to gauge their developmental stage. (huffingtonpost.com)

TMI? In an effort to make the subject of menstruation relatable to young girls, a new doll from Lammily comes with "Period Party" accessories. The doll also includes an informational pamphlet so parents can launch discussions about the topic. (people.com)

QUICK STATS

Bookworms Keep these stats in mind for summer reading: 90% of kids ages 6 to 17 say they're more likely to finish a book that they picked out themselves. And 70% of kids say when reading for fun, they want books that make them laugh. (The Kids and Family Reading Report)

Tech Timeout When asked which of their kids' behaviors is most difficult to control, 23% of parents said "limiting technology-based activities." Parents struggle more in that area than in getting kids to eat healthfully, go to bed, or do homework. (actionforchildren.org.uk)

Portal Knights

In this downloadable 3D role-playing game, players use their imaginations to customize their own worlds. They also fight creatures and monsters with magical and medieval weapons. Violence is cartoonish, with no blood. For ages 10 and up.

Kiddle.co

This new family-friendly search engine shows kid-oriented results and large thumbnails. It also filters out explicit content and doesn't collect personal information. When users type in objectionable words, they receive the message "Oops, try again!"

Professor Astro Cat's Solar System

This app (\$2.99) helps children discover the wonders of the universe. It's a fact-filled, age-appropriate adventure for kids 6 to 8. They can build a rocket ship and choose what to explore. Lots of reading is involved, so parents will need to help out.

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Real. Bold. Love.

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 about what your children watch, read, listen to, and play.