The First 7 Years

Parenting With Strong Values and a Gentle Touch

Kay Kuzma, Ed.D.
with Kari St. Clair

Compassionate Parenting
Shaping Character
Encouraging Creativity
Filling Lives with Love
Releasing Creative Potential
Librant Joy
BuildingBonding Relationships

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Introduction

Children are highly impressionable. They become what they see, hear, and experience. During the first seven years, their foundational habits for life will be formed. The first seven years are like an open window of opportunity for parents to influence, to teach, and to mold their children into capable, caring, and Christ-centered human beings. That's the ultimate outcome—the purpose of this parenting program.

Development is so rapid during this time that your children will never, ever learn as much and as quickly as they will in early childhood. During these first seven years, your children's values and motivational basis for lifetime behavior are formed. But it is also during this critical time of rapid development that your children are most vulnerable—to the good as well as the bad! You can't afford to waste these years.

Parenting is an incredible journey that you can never take again. That's why it is vitally important to give it your best. Let The First 7 Years be your roadmap and travel guide to help you get to where you want to go.

Throughout the book, I talk about strong, gentle parents. This is not an oxymoron. It is possible. In fact, it is absolutely essential for this program to work. You must be strong in one dimension—in the values you hold. But not just any values; these are the values that help you teach your children appropriate attitudes and behaviors consistent with Scripture.

The second dimension has to do with the way you teach those values. That's where the Christlike gentle touch comes in. If you are harsh and demanding, it is very likely your children will rebel and turn away from your value system sometime down the road. In addition, you are setting up your children to reap a lifetime of emotional pain and rejection, and the cycle of abuse continues.

“The righteous man walks in his integrity; his children are blessed after him.”
Proverbs 20:7, NKJV
If children are raised by parents who stand strong for Christ-centered values, yet remain gentle when it comes to the child’s spirit, those children tend to grow up exhibiting the same characteristics. Eventually, they will parent from the same perspective as they were parented. But if scolded, threatened, and whipped into shape, too often the only model these children know becomes their way of parenting.

God designed children with fundamental needs that must be met in order for them to become healthy adults. This book will give you the principle-based information you need for meeting your child’s needs in the following areas: purpose, love, individuality, emotions, discipline, cognitive learning, moral character, and personal value. When you lovingly and faithfully meet these needs, you will be molding kids who will be open to God’s love and to His limits.

Because children see God as an extension of their parents, the ones raised in homes where parents exhibit strong values and a gentle touch will be drawn to seek a close and meaningful relationship with their heavenly Parent. As they experience a saving relationship with Christ, they will want to live by His admonition to love others—including those who mistreat them. And they’ll have the power to do so. With Christ, a victorious life is possible! What a foundation of hope, security, peace, and joy this provides during the growing years when fear, failure, and rejection so often lurk in the shadows.

Parents, I appeal to you: Be strong. Stand for what is right. Be willing to say, as Joshua did, “As for me and my family, we will serve the Lord.” And at the same time, ask God to turn your hearts to your children’s hearts (see Malachi 4:6). “Do not withhold good from those who deserve it” (Proverbs 3:27, NLT). Care for their tender spirits. Learn to discipline without stirring up their combative dispositions (see Ephesians 6:4). Parents who exact obedience with a spirit of condemnation, drive their children away from God. Children say, “If that’s religion, I don’t want any of it.”
Instead, parent with grace. Pray for Christlike compassion that will lead your children to willing obedience. When your children make mistakes, pray for Christlike mercy that will lead them to repentance. Talk to your children about God’s love for them. Ask for Holy Spirit insights to help you know how to best deal with them. And treat them as royal sons and daughters of God. This is the type of parenting that will turn their hearts to their Savior, who exhibited a perfect blend of strong principled leadership and gentle shepherding. *The First 7 Years* will give you the tools you need to be strong, yet gentle, as you lead your children in the way they should go.

### How to Get the Most Out of *The First 7 Years*

This book is planned to be a life-changing interactive guide. The concepts and principles presented will not really become yours unless you underline, write down your questions, make comments in the margins, answer the questions posed, consider how the principles can be applied to your own children, and then practice teaching until the “gentle touch” parenting skills become habits. Most people have been taught from childhood not to mark up their books. If this is a life script your parents have given you, it’s time to write a new one for yourself. This book has been designed to be written in!

This book is also designed for small group interaction, so parents can learn from each other as they discuss these principles and share what they have found to be effective in the raising of their own children. When parents meet together and prayerfully share what’s on their hearts and encourage one another, something good happens. Older parents, who’ve been through the early years, become mentors for younger ones. They claim Bible promises for each other, and the miracles start to happen.

There are fifty-two chapters in the book, one for each week of the year. You will probably give *The First 7 Years* one complete reading in a short period of time.
time to become acquainted with its basic concepts, as well as to find solutions to your immediate problems and the answers to your current questions. But if the principles, which are the heart of this parenting program, are to become truly yours, you will need time to consider and apply the content of each chapter. Pray about the material, and ask God to impress you with how these principles can be applied to your own family. Hopefully, you will be able to practice them with your children before going on to the next chapter.

If you consistently follow this weekly plan, in one year you will have the basic parenting tools that will take you successfully through the growing years. If you follow this program, it will change your life—and the lives of your children. You will have gained new insights you may have never considered before. You will have an expanded appreciation of the qualities, talents, and potential of each child God has placed in your care. And you will feel confident that, with God, you can be an effective parent and be successful in accomplishing your parenting purpose.

I encourage you to review this material yearly as your children grow and your parenting challenges change—or as new babies join your family. With The First 7 Years, you can enjoy the parenting journey as your children mature into vibrant, loving, gentle people with strong principled values; and who will love God, respect you, and bless humanity.

—Kay Kuzma, Ed.D.

“Bring them [your children] up with the discipline and instruction approved by the Lord.”

Ephesians 6:4b, NLT
Purpose-based parenting gives direction to your daily interactions with your children. Instead of being blown by the shifting winds of culture, tradition, fad, or fancy, parents can determine what they want their children to become and then evaluate their parenting performance accordingly. Children thrive in an environment that has the parental rudder of purpose guiding them. Children feel secure knowing their parents have a purpose behind what they say and do.

As we start this journey together through *The First 7 Years* I challenge you to prayerfully consider what characteristics you would like to see your children
develop. What kind of adults would you like them to become? Your answer will become your ultimate parenting purpose. This is what you want to accomplish during these growing years.

To help you form a general parenting statement of purpose, consider this: God created your children with unique characteristics to accomplish a special work for Him. What attitudes, thought patterns, and characteristics do you feel God wants them to develop? Pause a moment. Ask Him. And before reading on, list the things that God brings to your mind:

How is it possible, in the world in which we live, to raise children to be all that God wants them to be? The task seems overwhelming. But God says that nothing is impossible for Him. He says that if you will ask, it will be granted. That is your hope and your assurance. With confidence you can be the parent God wants you to be and to train up His children in the way they should go.

I challenge you. Write a statement of purpose about what you want most for your children. Since you’ll only be successful as a partner with God, write it in the form of a prayer. Here are some examples:

Father God,

- I want my children to love God, respect me and other authorities, and bless others.

- I want my children to accept themselves for the persons You created them to be.

- I want my children to have the inner joy of knowing they are loved supremely by You.
• I want my children to have the confidence in themselves and the faith in You to know that with Christ they can successfully meet and overcome whatever life challenges they might face in the future.

• I want my children to stand for right; to uplift the oppressed; and to speak out against injustice.

• I want my children to be secure enough to be different from the crowd; to set their moral thermostat at a high standard; and to live by their convictions.

• I want my children to find joy, contentment, and fulfillment in doing what You want them to do.

• I want my children to have a heart for hurting and broken people; to help restore their dignity; and bring them the hope that is only possible in Jesus Christ.

• I want my children to be passionate toward Jesus Christ; to love His written Word; and to have a heart desire to share Jesus with others.

• I want my children to focus on Jesus (not me) as their parenting model, and be Christlike parents to my grandchildren!

A Prayer Statement of Purpose

What prayer would I like to pray for my children that can be prayed throughout their childhood that will have lasting effects and will help me mold them into what Christ would have them to be?
You’ll want to make this your daily prayer throughout their growing years. When your purpose is clear and when you have a strong connection to Holy Spirit insight, you’ll find yourself becoming the strong gentle parent you want for your children.

This prayer statement of purpose will guide you as you teach your children day by day, but it will be a general guide. To make it practical, you will need to establish more specific goals for your children on a daily basis. Sometimes these goals might be general enough to apply to all your children, such as, “For my children to creatively solve conflict without hurting each other.” Other times you will want even more specific objectives that will determine how you deal with specific children, at specific stages of their lives, for specific problems. An example might be, “For my son to say ‘please’ when asking for something,” or, “For my daughter to ask permission before playing with the children next door.”

Many times during the day you may find yourself wondering what might be the most appropriate way to teach a certain lesson and solve a problem behavior. You will be more effective in your teaching if you once again keep your purpose in mind. What outcome behavior do you want? Then you can ask, How can that behavior be most effectively taught? Because different things motivate different children, you may try one technique, and if it doesn’t work, try another. But your purpose—your objective—never changes.

An Example of Purpose-Based Problem Solving

*Teaching a Child to Eat in Moderation*

**The problem:** Tyler fills his plate with more food than he can eat.

**The purpose of your teaching:** Tyler will take a moderate amount of food so it’s not wasted.
The teaching techniques you might consider:

**Technique #1:** You could put the food on Tyler’s plate until he is older and can make better decisions. But if your purpose is that Tyler will only take a moderate amount of food, while that technique might solve the immediate problem, will it teach the behavior you want? No. You take the responsibility away from him.

**Technique #2:** You could establish the policy that Tyler takes one spoonful of everything he wants and when he has finished eating what he has taken, he can take one more spoonful. This technique puts the responsibility on Tyler for choosing how much to take, and it gives him the opportunity to begin judging the amount of food he can eat before his stomach is full. He may still leave some food on his plate, but it will not be the large amounts that he has left previously.

**Technique #3:** Establish the policy that Tyler must eat everything he puts on his plate. This technique has two major faults. First, it forces Tyler into a habit of finishing everything he takes, which, if he continues to take too much food, can lead to obesity. Second, you’re setting up Tyler for failure instead of success. The chances are good that Tyler will continue to take more food than he can eat, and you will now be forced to discipline him for not keeping the rule, “eat everything on your plate.” This technique has very little to do with your purpose—to teach Tyler to take a moderate amount of food.

When you know what your purpose is for your children—what behavior you want them to learn—you’ll find your teaching will become more effective and more Christlike.

The next few chapters will enlarge this concept of purpose-based parenting and help you carefully consider the principles that you want to be the basis of your parenting style. We’ll consider such things as the importance of learning all you can about children, tweaking your attitude toward

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“*The earnest prayer of a righteous person (parent) has great power and wonderful results.*”

*James 5:16, NLT*
the positive, giving your children the best of your time, balancing your life in work and finances, and becoming the person you want your children to be. Plus, you will learn all about what I call the parental survival kit. This is what you’ll need to get through those tough days when everything seems to be going wrong, when your children seem out of control, and you feel like a failure: two essential BP’s, “Bible promises” and “brief prayers,” and the TTWP, the reminder that “this too will pass.”

The first seven years of your child’s life can be the most fun, exciting, challenging, and rewarding years of your life. Enjoy!

Prayer is the key to purpose-based parenting. It puts you in tune with divine wisdom to work out everything for good. So often parents don’t pray because the outlook seems hopeless. But nothing is impossible with God. Nothing is so messed up that it cannot be fixed up, no relationship too strained for God to bring about reconciliation and understanding, no habit so deep rooted that it cannot be up-rooted, no one is so weak that he cannot be strong, no child so willful that she cannot be obedient. Whatever your family needs, trust God to supply it. When it comes to challenges, anxieties and problems, stop pushing the re-play button of your mind. Instead, give your worries to God and trust Him for a miracle. Make this your prayer, “I am praying to you because I know you will answer, O God. Bend down and listen as I pray. Show me your unfailing love in wonderful ways” (Psalm 17:6, 7, NLT).

— Kay Kuzma
Chapter 1

What Do I Want for My Children?

Although my own children are grown, the question that has shaped my parenting through the years has been, What do I want for them? The answer has changed as their needs and circumstances have changed. Today, each is parenting a child—one or more—during the first seven years. And so, today, I ask... 

What do I want for my children, now that they're adults and have children of their own? I want them to find joy and fulfillment in their role as marriage partners and parents. I want them to revel in creatively, prayerfully, and successfully meeting the challenges that children bring to a person's life. I want them to have Holy Spirit wisdom to understand how to meet each child's individual needs within a healthy, balanced lifestyle. And that's my dream for you, too.

Yet, I realize that the task is not an easy one. Society has dealt today's young parents a very challenging environment in which to bring up their children, filled with land mines and booby traps that can destroy homes, disrupt families, and handicap a child's potential for living the abundant life that Jesus came to provide. It's easy to fall into harm's way without warning, especially if you find yourself parenting as your parents did! Here are three traps you'll want to avoid: legalism, control, and pain caused by violence and abuse.

Trap 1:

Legalism—Equating Good Behavior With Godliness

People—church members, friends, neighbors, grandparents—tend to judge children by how they behave. Because you want others to think you're a good parent and your kids are good kids, it's tempting to set high standards for your children's behavior based on other people's expectations or other people's perception of what is “good,” rather than on your ultimate purpose for their lives and what motivates your children's hearts.

The result is that children begin to feel that their behavior is more important than their attitude or their motives. Principle-based decisions fly out the window. Wrong and right become black and white issues depending upon who is the
authority at the moment—or who is watching. Shades of gray don’t exist when children must unquestionably follow man-made standards that may not have a clear moral or rational basis. The children are not allowed to make moral decisions based on principles and learn from consequences.

When children live with legalism, they pick up the subtle, and sometimes not so subtle message that they are only loved, accepted, or rewarded when they act “good.” If kids only feel loved and accepted when they march to the tune of their parents, it’s easy for them to feel God accepts them the same way. Be good—or get zapped! No wonder legalism is often the basis of children’s rejecting “religion.” Just like throwing the baby out with the bath water, they throw God out of their lives along with restrictive religion.

Children are loved by the God of the universe just because they are, not because of what they do. God wants them to be human beings, not human doings. Parents forget that they stand in the place of God in their little children’s eyes. Over the growing years, if children feel their acceptance by their parents and other significant people in their lives is performance-based, then they feel that God’s acceptance must be the same. If they stay in the church, they tend to think their salvation is based on works. Once this happens, say goodbye to grace! And without grace, there is little, if any, joy in the Lord. Trying to be good enough to be saved is hard work—actually it’s impossible! And everyone loses.

A likely outcome of work-based salvation is that as children grow older, they may swing to the opposite extreme and give up all standards—including God’s commands that are principle-based. In rebellion, they march to their own tune.

What do I want for my children, now that they’re adults and have children of their own? I want my children's homes to be grace-based. I want them to have a dynamic relationship with the God of the universe and be so filled up with His love that it splashes out on everyone they come in contact with—especially their children on days when everything seems to go wrong. And if for some reason it doesn't, I want them to lean on God’s grace, asking Him to cover their mistakes so it won't affect their kids. I want my children to model for their children a picture of God who loves them for just being—and not for doing! And if my kids are having trouble with this concept because at times they have perceived some legalistic tendencies in their dad or me . . . Lord, please forgive us.
Here are some examples of how to apply grace.

You're in a hurry, and your child asks for help. You stop, bend down, and help without a word of criticism or frustration.

Your two-year-old loves to help you feed the fish. One evening she brings the fish food to you and asks, “Daddy, feed fish?” You say, “I already fed the fish.” Disappointed, she goes away. Twice more that evening she asks, “Feed the fish?” And you reply, “Not now.” The next morning, you discover that she has gotten up during the night and dumped half of the fish food from the container into the fish tank. What a mess! Now you have to clean out the tank and pray that the fish will live. You’re upset at your daughter, but you also realize she didn’t know that too much food would kill the fish. And you left the fish food beside the tank, in easy reach of a curious toddler. Instead of punishing her, you acknowledge that she thought she was helping you by feeding the fish. You say, “You really wanted to feed the fish, didn’t you? But if they eat too much, they will die. That’s why Daddy or Mommy needs to help you feed the fish. Tomorrow, I’ll call you when it’s time.” You then put the fish food in a safe place.

Here’s another example: Your child does something wrong, such as hitting a playmate. You didn’t see what happened, but when you ask why the playmate is crying, your child confesses and says, “I’m sorry.” He knows he deserves a consequence. Instead, you say, “Hitting someone hurts them, and God says we need to be kind. What do you think Jesus would have done when His friend grabbed a toy away from Him? What could you do next time so you don’t have to hit?” Together you come up with a plan, and then give your child a hug, and he happily rejoins his playmates. If it happens again, then that’s another story. (There must be consequences.) But even then your response can be grace-based. Throughout this book, you’ll find many creative, grace-based techniques to teach children the lessons they need to learn.

Anytime you treat a child in the way she needs to be treated, rather than how she deserves to be treated, that’s grace!

_Legalism focuses on punishing “bad” behavior to get perfection. Grace goes for the heart—shaping attitudes and motives—and behavior follows._
Trap 2: External Control—Using Force to Make Your Family Look Good or Be Good

Because parents out-size, out-smart, and at times out-shout children, they can easily fall into the trap of using force, either physical or mental, to get kids to do what they want them to do. These are parents who make decisions based on their own needs, not on the needs of their children. They bribe, frighten, threaten, or physically coerce.

Some people feel important when they belittle others; they feel superior by making others feel inferior and feel powerful by making others weak. We call these people control freaks.

- Controlling is a trap parents can easily fall into if they base their own value as a parent on the behavior of their children.
- Others have the mistaken belief that the role of good parents is to control their children. The truth is that parents should control situations, not their children. Instead of controlling, consider your parenting responsibility as that of molding or shaping your children’s thoughts and behavior.
- Many parents grew up in homes where their own parents misused anger to frighten them into submission. If this is the only model of parenting they know, they pass on to their children the abuse they suffered at the hands of their parents, thinking it’s what kids need in order to get them to obey.
Children who aren’t allowed to make age-appropriate decisions and experience the natural consequences of those decisions, seldom become mature decision-makers. Instead, they use the same tactics on their children. They force them to comply to make themselves look better, to feel powerful, to get their own way, or because they’re impatient. This kind of external control is abusive.

Effective parenting is built on the rock of decisiveness, not on the sand of indecision. Strong, gentle parents need to be in control of situations but not controlling of their children. The key point is that parents must be living examples of firm, loving leadership. They must create an environment where their children’s needs are met, including the need for expression and choice. But at the same time, misbehavior must be prevented or corrected. Then appropriate behavior must be taught without resorting to anger or force. That’s what gives children a sense of security and trust in others that allows them to become responsible decision-makers.

An Example of How to Be in Control but Not Controlling

Teaching Traffic Safety

- When children are small, you hold their hand when crossing the street because they don’t understand the concept of safety and are too immature to consistently follow instructions without a reminder. If they don’t want to hold your hand, you give them a choice: “Either hold my hand, or I’ll pick you up and carry you. You can choose.” If they still don’t want to hold your hand, carry them across the street. (Obviously, you start teaching this lesson when they are small.)
- As they get older and begin to understand traffic safety (the importance of looking both ways and walking rather than running), you still cross the street with them in case they need a reminder, and to be a reinforcing example.
- After many experiences crossing the street together, observing that they are carefully looking both ways, you have confidence in their ability to make wise decisions. They have demonstrated that they understand traffic safety: When they come to a street, looking both ways has become a habit pattern, so you allow them to cross on their own.
Sometimes it may seem that your child will never learn. You have to repeat the correct behavior over and over again. But will you still be holding your child’s hand when he crosses the street at sixteen years of age? I don’t think so! Children do learn. You are capable of teaching your young children important lessons that will become safe, mature habit patterns for them in the future.

As children grow more mature and demonstrate the same type of self-control they see in their parents’ lives, parents are able to allow their children more choices. Parents will be there to monitor, advise, and enforce consequences if necessary; but their main role is to foster maturity. Maturity is the process of shifting from other-control to self-control; it is taking responsible control of your own life. Maturity is the goal that strong, gentle parents have for themselves and for their children. And it’s primarily taught through example.

During the growing years, anytime parental control becomes forceful, and anger or fear are used to get obedience, parents cause a negative reaction in their children. Children either fight or withdraw—all in an attempt to win some measure of control in their own lives. Raising children, then, becomes a battle, and conflict the norm.

*What do I want for my children, now that they’re adults and have children of their own?* I wish for them the security of knowing who they are because of Christ’s value of them, so they can be ready to give their children choices when appropriate, and to stand strong with principled decisions when necessary. I want them to feel the freedom of Christ’s love and to give the same to their children. Plus, I want my children to feel secure enough in my love (and their dad’s) that they are free to make decisions that are good for themselves. I want them to be able to design their own lives without guilt and without the fear of rejection. *And, once again, I want this same thing for you!*

So, if you’re parenting young children and have not yet shed the shackles of your own parents’ control, your children are in danger of growing up with the same control issues that you have. Please, for your children’s sake, talk to your parents, resolve the control issues that you might have, and grow mature and secure in Christ, who loves you just because of who you are—and not because of what you do.¹

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¹ A helpful book to start the emotional healing process is *Belonging*, by Nancy and Ron Rockey with Kay Kuzma (Pacific Press, 1998).
Trap 3: Pain Caused by Violence and Abuse—
Believing That It’s OK to Mistreat People

In recent years there has been a dramatic increase in the harsh mistreatment of others among the young: school violence, gang beatings, and drive-by shootings. Are you concerned that teens abuse their peers and sexually molest children just because they feel like it? Why are so many choosing to solve problems by killing others or themselves? Did you know that every fifteen seconds in the United States a woman is beaten—usually by a member of her own family or her partner? And more than three million children in America are at risk of exposure to parental violence. What’s happening to our society? No longer do children fear the nuclear bomb, an earthquake, tsunami, hurricane, tornado, or even abandonment, nearly as much as they fear violence—the harsh mistreatment of others. We live in a scary world!

What has caused this increase of violence and abuse? Why are so many people hurting other people? Our sinful world is at war: terrorism, genocide, hatred, and hunger have left their impact. The consumption of alcohol and illegal drugs and the increase of violent acts seen on television, music videos, and video games are partially to blame. But there’s more. The fact is that abuse begets abuse. And unless verbal and physical violence in families is stopped, it will end up destroying us.

What do I want for my children, now that they’re adults and have children of their own? I want my children’s hearts to break as they see the misery of so many people—and in their small corner of the world, make a difference. I want my children to be sound moral citizens who are strong enough to stand for justice and mercy and to help people who are suffering. But I want them to do it by example, persuasion, and sharing the good news of the gospel, rather than using tactics that produce fear, anger, and rebellion. I want them to be among a new generation of parents who will make a difference in the lives of their children by speaking out against those who mistreat others. I want the young

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tender hearted, forgiving one another, just as God through Christ has forgiven you.”

Ephesians 4:31, 32, NLT
parents of today to take a stand against domestic violence and the harsh treatment of children. I want the cycle of abuse to stop with this generation!

Finally, what do I want for my grandchildren? If it were possible, I would wish for a strong yet gentler environment for my grandchildren to grow up within; an environment in which each person, regardless of social status, race, age, religion, or lifestyle, is treated with respect, served with kindness, and given a helping hand when needed. And when they see their parents becoming unselfishly involved with others, trying to better their lives in some way, I want them to think of Christ helping the down and out, the diseased, the starving, and the rejected people of His day, and say, “That’s just like my mom and dad!”

Have your children seen you helping others? With whom could you share a ray of sunshine? Maybe an elderly neighbor would enjoy some muffins. Do your kids see you go out of your way to stop and politely give directions to the lost or to help fix a flat tire? Do you take your children to a hospital or nursing home to visit the sick or lonely? Do they see you offering someone your place in the check-out line when they have only a few items and your cart is full? When you call your parents, do they overhear thoughtful, considerate, loving words? Do you patiently stop what you’re doing when your child asks for your help for the zillionth time? I hope your children are seeing Jesus in you.

My desire for you, dear parents, as you take this first-seven-year journey with your children, is that you will be strong, gentle parents; parents with the strength of character to hold firm to values, avoid thoughtless abusive behavior, and parent with justice, mercy, and unconditional love. Legalism, control, violence, and abuse may always be a part of this sinful world in which we live, but they don’t have to be part of your family’s life. You can parent to the glory of God. How? As Rick Warren suggests in The Purpose-Driven Life, “By doing everything as if you were doing it for Jesus and by carrying on a continual conversation with him while you do it” (67).
Principles to Apply to Your Family

**Principle 1**
*To understand God’s grace, children must experience parental grace.*

How can I apply this principle within my family? 

What outcome might I expect? 

**Principle 2**
*When possible, give children the freedom to make a choice.*

How can I apply this principle within my family? 

What outcome might I expect? 

**Principle 3**
*People (including children) are for helping, not mistreating.*

How can I apply this principle within my family? 

What outcome might I expect?