



### Acknowledgement of Country

We acknowledge the traditional custodians of country throughout Australia and recognise their continuing connection to land, waters and community. We pay our respects to them and their cultures; and to Elders both past and present.

We would like to acknowledge the traditional custodians of the land on which we meet today.

And we extend our respect to the Aboriginal or Torres Strait Islander who are present today.



### The Basic Plan!



Understand the PROBLEM



Find SOLUTIONS (Strategies)



Stay MOTIVATED

### Principles

- 1 You are the parent they need!
- 2 Keep the big things as the big things
- 3 Self-care
- 4 Disconnect to re-connect
- 5 Use a balance bike not training wheels


### Principles

- 6 Misuse the rod and spoil the child
- 7 The magic ingredient
- 8 Don't have "the talk"
- 9 Slow them down
- 10 The secret source



### You have what it takes

"There is **nothing** we can do that will make us perfect parents but there are **thousands** of things we can do that will make us **good** parents."



### We are exactly what they need...

- God chose you
- You are uniquely positioned
- They are yours by assignment or biology
- Have faith in yourself
- PARENTS HAVE THE BIGGEST INFLUENCE

**Talking Point**

**What is your parenting intention?  
What is your hope for your children?**

**Keep the big things as the big things**

*“Keep our **attention** on the **intention**”*

**Keep the big things as the big things**

- The most important job in the world!
- Put the first things first
- You can't hit a target that you don't see
  - ➔ Clearly have the intention in your mind
- Limit distractions
  - ➔ So you can concentrate on the intention (E.g. Screens, venues and posturing is important)

**Care for yourself!**

*“Self-care is never a selfish act - it is simply **good stewardship** of the only gift I have, **the gift** I was put on earth to **offer others**.”*  
Parker Palmer

**Care for yourself!**

- Refresh you
- You are NOT GOD!
- Practically
  - ➔ Me time
  - ➔ Couple time
  - ➔ Family time
- Nourish
  - ➔ Physically
  - ➔ Mentally
  - ➔ Spiritually
  - ➔ Relationally

**Care for yourself!**

*“Ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.” **Jeremiah 6:16-17***

**UNPLUG - Reduce screen time**

- Recognise the **technopoly** we are in
- Parent intentionally *\*like any unsafe environment*
  - ➔ Education (walk with them)
  - ➔ Safeguards
- Create non-tech pathways for fun and learning

**Use a balance bike not training wheels**

- Create a graduated learning environment
- Teach the important skills don't just implement safety measures
- Parent like they are on L plates for everything

## Misuse the rod and spoil the child

"Thy rod and thy staff they  
comfort me"  
(Psalm 23)



## Misuse the rod and spoil the child

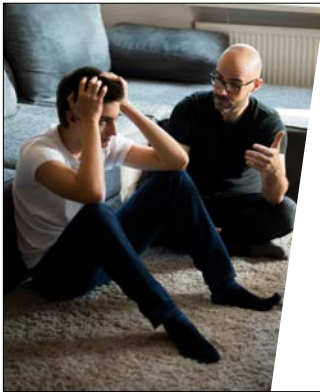
- Conversations
  - ➡ Questions and reflections
  - ...Is better than
  - ➡ Statements and corrections
- Seek first to understand, then to be understood.

"grant that I may not so much seek ...  
to be understood as to understand..."  
St. Francis of Assisi



## Love them

*"Rules without relationship  
create rebellion"*



## Love them

*"Rules without relationship create  
rebellion"*

- Does not mean NO RULES!
- It does mean RELATIONSHIP FIRST
- Tell them
- Get the environment right
- Have fun!



## Have the talks!

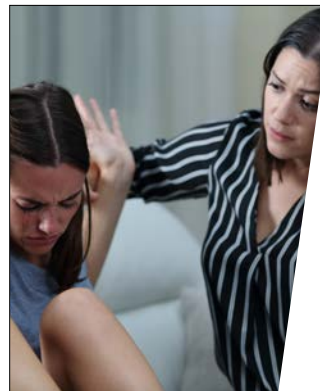
- TalkS
- Talk early, Talk often
- Speak about the birds and the bee's and the flowers and the tree's
- If you don't know what to say just ask questions and reply as best you can
- Parents are the primary educators



## Slow them down

*"I have never had people in a healthy,  
successful relationships tell me that they  
wish they went faster"*

- The earlier the sexual debut the greater the chances of problematic intimate relationships
- The digital world has accelerated this
- Protect the age of innocence but not with your head in the sand



## PRAY!

- Ask the Holy Spirit
  - ➡ Paraclete = accompanier, advocate, counsellor, helper, "one who consoles"



# Thanks

