

Hebron STUDENTS

Hello Parents!

Thank you so much for joining us for One Meal. We had a blast enjoying your favorite family foods with you and connecting further with our church family. Heads up! With Thanksgiving right around the corner, we will NOT be meeting for Hebron Students this Wednesday.

However, many of our students are packing their bags to join us for the Fall Retreat this weekend. They are in store for an amazing time! Our theme for Fall Retreat this year is Arise: From Mountains to the Mundane. Our goal is to allow God to create a spiritual mountaintop experience for the students to then challenge them to carry that experience back into their mundane, routine lives. Please pray for our students that they will experience a change of heart so powerful that it follows them back home and changes their lives.

Questions to ask in the car or around the table

- What does it mean to live a lifestyle of worship?
- What are you passionate about?
- What are some ways you can use your passions to glorify God?

Parenting Principle of the Week:

Get Permission to Talk

Do you ever want your children's attention when they are in the middle of doing something else? Depending on what they're involved with, getting them to stop and listen can be challenging and disruptive. Too often, this interaction requires an interruption that then leads to conflict. It's time to take a different approach.

Kids are people, too. What they are doing (even if it's nothing) may not be significant to us, but it's important to them. While it may feel self-demeaning, asking permission for their attention rather than taking it helps recognize their significance. So, if we're interested in having a meaningful exchange and avoiding unnecessary conflict, this step is worth the two seconds it takes.

Getting their attention can be as simple as calling out their name and waiting for a response back. Be willing to wait. You want to communicate that you won't move until they give you their attention, but they still get to acknowledge their approval to communicate. Avoid hollering across the house or hovering over your family unless an emergency urges interruption. Remember, we are trying to model the behavior we want them to emulate. How would you want them to approach you when you're in the middle of working, exercising, getting ready for work, relaxing, reading, or whatever?

By following these steps, the process of communication will go much more quickly than you anticipate. You'll have more meaningful exchanges, and your connection will remain intact and will even be strengthened.

Reflection Questions:

1. How did it make you feel when you read this section about how to engage with your children and secure their attention when needed?
2. What changes do you notice in your dialogue when you implement these steps?

Action Steps:

Become aware of how you currently initiate conversations with your children when they're doing some activity.

Practice these steps: Observe, Ask Permission, Wait for a Response, Engage.