



Develop Christ-Centered Self-Esteem

Many parents and programs focus on boosting children's self-esteem, or helping them feel good about themselves. Children with high self-esteem work happily alone, are responsible, tolerate frustration, accept new challenges, and display a range of emotions. Children with low self-esteem make self-demeaning comments, feel insecure about others' opinions of themselves, blame others for personal weaknesses, are easily influenced by others, and avoid situations that produce anxiety. So high self-esteem is a positive thing.

One problem with the world's view of self-esteem, though, is that beliefs based on other people's praise may vary from day to day. Yet God's views remain constant. So for children to have a Christian self-concept, they must see themselves from God's viewpoint: as unconditionally loved and accepted. Here are ideas for rooting worth not in kids' looks or performance but in their relationship with God:



Let children know that God loves and values them. Remind kids that God loved them enough to pay the highest price for them—his Son's life. Say things such as, "You're special to God."


Celebrate each child's God-given strengths. When children display their talents, point them to the giver. Say things such as, "I thank God for giving you a beautiful voice."

Teach children to accept failure. When problems arise, don't jump in and save the day. Instead, pray together for guidance. Also, remind children that God loves them even when things don't turn out as they had hoped or planned.

Self-Esteem Insights

People's feelings about themselves develop at young ages and have serious consequences, as various studies show:

- 42% of first- through third-graders want to be thinner.
- 80% of 10-year-olds are afraid of being fat.
- Girls' self-esteem peaks around age 9 and then nosedives.
- Aggressive boys tend to have a vulnerable, fragile self-esteem.
- Children with low self-esteem are more likely to be bullied, use alcohol and drugs at young ages, and even experiment with sex earlier than their peers.



Ask God:

1. To assure your children of his love and care for them.
2. To help your children base their worth on God's view of them and not the world's.
3. To help your children know that their gifts and talents come from God.

Parenting Insights

Self-esteem takes a hit during early adolescence. But you can help meet preteens' unique needs.

1. **Preteens aren't at home in their bodies.** Rapid growth can cause clumsiness. Promote teamwork and acceptance, not competition. Allow down-time for bodies that tire easily.
2. **Preteens want to be treated as young adults.** Seek kids' opinions and surround them with adults who can help them navigate any rejection from peers.
3. **Preteens are socially conscious.** Ban all putdowns, and model this behavior, too.
4. **Preteens need to be loved unconditionally and forgiven frequently.** Be quick to express forgiveness and to ask for forgiveness yourself.

OpenTheBook

"Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us."

Romans 12:3

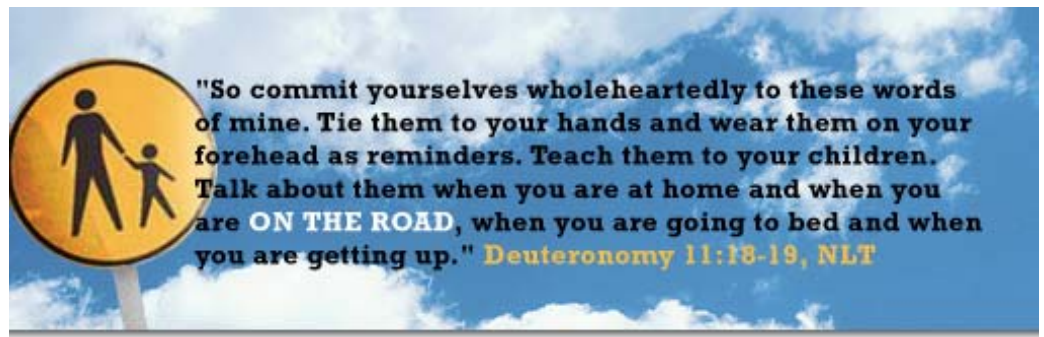
We have value because God made us and loves us. Through faith in him, we're his sons and daughters, honored children of the heavenly king.

Teachable Moments

- 1. Compliment Class—**
Genuine compliments are priceless and contagious, but they can feel awkward. During daily interactions, help your children learn to comfortably give and receive compliments.
- 2. The Last Shall Be First—**
Serving gives children an *i n d e s t r u c t i b l e*, independently rechargeable self-worth mega-boost. Create opportunities for kids to share their God-given talents with someone in need. For example, they can read aloud, sing, or play music at a nursing home.



- 3. Positioned for Success—**
Create tasks for kids that are achievable yet challenging. If your child is shy, for example, help him or her take some brownies to a new neighbor. Then gradually encourage your children to try increasingly difficult tasks.



Your children's perceptions of themselves may seem to change from day to day or even hour to hour. Use these questions to start a conversation about self-concept and self-worth.

1. What are your favorite things about yourself, and what are you most proud of? Why do you think God gave you those things?
2. If you could change one thing about yourself, what would it be, and why? How would you explain that change to God?
3. What makes you valuable and special? How does God view you?
4. How can you have positive self-esteem without being stuck up?

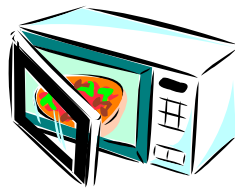
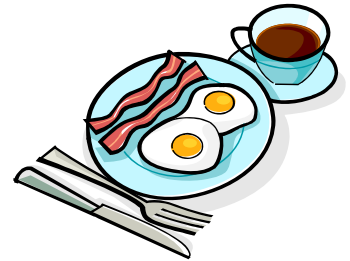
Family Experience: *Quick Breakfast Recipes for Busy School Mornings*

Egg in a Nest

Bread Slices

Butter or Margarine

1. Cut a circle from the center of a slice of bread.
2. Butter both sides of the slice
3. Place in frying pan on medium high heat and drop a little butter in the hole so the egg will not stick.
4. Crack egg and very carefully place in the hole.
5. Fry for a few minutes until egg begins to set.
6. Carefully turn and cook on the other side.



Scrambled Eggs in the Microwave

2 Eggs

Pinch of Salt

2 Tbsp Milk

1. Crack the egg into the egg-cracking bowl. Make sure there are no shells. If there are shells, get them out with a fork or a paper-towel.
2. Pour the egg into the microwave-safe bowl.
3. Measure two tablespoons of milk (or water).
4. Pour the milk (or water) into the bowl with the eggs.
5. Take a teeny-tiny bit of salt – about a pinch – and put it into the bowl.
6. Stir the mixture with the fork.
7. Put it all in the microwave and cook at high power for 30 seconds per egg.
8. Let the eggs stay in the microwave for a minute.
9. After taking them out, let them cool before pouring them onto a plate.



What's Playing at the Movies

Movie: *The Secrets of Jonathan Sperry* (Sept. 18)

Genre: Christian drama

Rating: PG (for mild thematic elements)

Cast: Gavin MacLeod, Jansen Panettiere, Robert Guillaume

Synopsis: This coming-of-age tale takes place in a quaint town in the early 1970s.

Three inseparable 12-year-old friends face challenges, including a town bully. Their lives change when they meet Jonathan Sperry, age 75, an encouraging mentor. The film contains a clear Christian message, emphasizing how the Bible contains answers for everyone's lives.

Discussion Questions: Talk about someone, besides your family, who's made a lasting difference in your life. What do you think you'll remember most from your childhood, and why? Read 2 Timothy 3:14-17. How is the Bible relevant to the stuff you're facing now?



What Music Is Releasing

Artist: Selena Gomez

Album: *Kiss and Tell*

Artist Info: Gomez, now 17, has been an actress since appearing on *Barney and Friends* at age 7. After being discovered by the Disney Channel, she appeared in two Disney shows. Now she has a lead role in *Wizards of Waverly Place*.

Summary: On her "pop-rock-techno-inspired" debut album, Gomez aims to create "fun" music that parents and kids can enjoy together. Some of the deeper lyrics address how plastic Hollywood can be. Gomez says she tries to "live day by day" and not focus on media scrutiny or rumors.

Discussion Questions: What entertainment does our family enjoy together? What does it feel like to be under lots of scrutiny? Read Ecclesiastes 3:1. What helps you take life one day at a time?



What Games Are Out

Title	Content	Rating & Platform
<i>Gardening Mama</i>	Players grow and harvest various flowers, fruits, and veggies by using the stylus as a gardening tool.	Wii; E
<i>Go Play Lumberjacks</i>	Players use the Wii Remote to saw trees, split logs, and compete in events such as the Pole Climb and Log Roll.	Nintendo DS; E
<i>TMNT: Turtles in Time Re-shelled</i>	The Teenage Mutant Ninja Turtles return in this downloadable 3D remake. Contain lots of beat-'em-up cartoon violence.	X-box Live; T

RATINGS: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



Culture & Trends

What's happening right now that may affect your children and family:

- More than 1,200 teachers have petitioned educational book publisher Scholastic to stop selling toys to kids. Last year, about one-third of the items in Scholastic's catalogs weren't books. (usatoday.com)
- Due to budget cutbacks, more parents are now chipping in money toward classroom essentials, including teachers. PTA groups are raising funds to keep school programs and staff that would be cut otherwise. (msnbc.com)

Quick Stats

- Children eat an average of 228 more calories during meals when the television is on. (University of Toronto)
- About 10% of public elementary schools require students to wear uniforms. (publicschoolreview.com)



SEPTEMBER 2009

- September 6** **FBC Round Up * 6:00 pm**
BBQ & Potato Salad Provided, bring a side or dessert to share. A time for fellowship and games. M&M groups revealed!
- September 7** **Church Office & Building Closed for Labor Day**
- September 13** **W.A.M. Starts**
The new face of children's music and worship
- September 20** **First Grade Bible Presentation Lunch * Noon**
For first graders and their immediate family.
*Call Heather to RSVP, 764-1353 * Free*

COMING SOON

- October 31** **First Fest, a free community festival**
- November 13** **Parents' Night Out * \$6/child, \$20 sibling max**
For babies - 6th grade. Take a break and enjoy an evening off!
Come by the church office to register, space limited.
- November 25-27** **Office & Building Closed for Thanksgiving**
Noon Wednesday through Friday.

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FACEBOOK Group: FBC First Kids**