



Introduction

Welcome to week four of *How to Help My Kids!* Throughout this series, we've touched on some of the most common topics parents think and have questions about including success, gender, and making friends. (We encourage you to go back and check those out if you missed them!) The trend continues this week with one of the most common questions of all, "How do I help my kids behave better?" Kids' development makes behavior a moving target. Each phase of their lives requires unique coaching, discipline, affirmation, and encouragement. This can make us feel successful in one phase but completely stuck in the next. Given the diversity of each child in your life, Pastor Jesse unpacks five principles to help kids behave better and start applying in your unique relationships.

Discussion

1. **Revisit Proverbs 13:24** and its teaching to love our kids by disciplining them. How did your parents discipline your behavior, and how did you respond? Did it feel loving at the time?
2. Knowing what you know now, how do you view your parents' approach to discipline? How is it impacting your expectations and behavior today? Is your discipline consistent, proportional, and not out of anger?
3. Have you ever thought about the future of the kids in your family and/or Little Iowa? Imagine them at 18 years old getting ready to leave the house. What kind of character, behavior, and faith do you hope they have? Any other desires come to mind? How might you begin planning, preparing, and parenting now for the results you hope see in the future?
4. **Revisit Proverbs 15:22.** How willing are you to ask for help in parenting? How willing are you to ask for help in any category of life? Why? What's the worst that could happen by asking for help? And what's the best that could happen by asking for help?

Take Action

1. **Get some help.** None of us are perfect, and all of us need support. In times of frustration, confusion, or feeling stuck, the worst thing you can do is hole up or tough it out by yourself. Start by going to a trusted friend (or two). Lean into your church and the supportive community it offers. Remain open to seeking professional help, if needed.
2. **Don't give up.** Parenting is a marathon. Sometimes, you're running full speed and feeling great; other times, you hit the wall and the thought of quitting seeps in. Remember James 1:2-4 and the opportunity to grow in perseverance that leads to maturity. You're not alone in this journey; keep seeking help from both God and others. You've got this.
3. **Point to grace.** Every moment a kid falls short or misbehaves is an opportunity to say, "Me, too. We need Jesus, don't we?" Your acknowledgement of God's active grace in the everyday, imperfect moments of life will build the credibility of your faith in your kids' eyes and grow their belief in God's unchanging love for them.

Resources

[PLC's Parenting Resources Page](#)