



## Reaching Deep into a Child's Heart

One area that we help people at Caring for the Heart is helping parents care for the hearts of their children. In our counselling office, we are often asked questions like “how do we get to the hearts of our children?” Because of the great need we see, we have branched into this area of Biblical Parenting.

Giving instructions to our children can be an area of great frustration for parents.

What are some things about giving your children instructions that make you angry? Here are some things that parents have said in the past:

- **My kids don't do what I ask.**
- **They do a job part way.**
- **They don't listen.**
- **I have to nag to get anything done.**

To increase cooperation, both our children and we as parents must make changes. A good **Instruction Routine** takes five steps for the parent that corresponds to five steps for the child. Each step represents a skill that children need to learn. It's easy for the process of giving and following instructions to become derailed in several key areas. Because of its balance of clarity, affirmation, firmness and teamwork, this **Instruction Routine** has broad application and works with kids from 2 years old to 18 years of age and helps us get to the heart of your child.

### **Step 1 Parent - Get Close to Your Child**

Getting close is the beginning of a good instruction routine. Getting close is something that will help build relationship with your child. No longer will we yell throughout the house or across the parking lot. Getting close involves breaking the child's concentration from what he or she is doing. With young children you may want to hold their hands. Be sure to look into your child's eyes. This is how we communicate love and respect. Although it may take time for your children to learn this new routine, your persistence will develop an expectation that we value relationship in all our interactions. It's not perceived as valuable if we yell across a room at someone or don't look at someone when we give instructions. Adding this one step to the Instruction Routine, often achieves greater cooperation from children. The goal is to use physical closeness to raise the felt value of instructions, which enhances relationship. Some children wander off, forget to do the task or just ignore Mom and Dad.

### **Step 1 Child - Learn to Come When Called**

Sometimes the parent moves close to the child, but many times the child must come to the parent. You won't be able to instruct if your children run the other way. With young children you can make it fun by playing the ***Come When You're Called Game*** where the child hides and you call them, they come and you praise and hug them explaining how important it is to come when Mom or Dad call them. Teach them a response like "yes Mom?" or "yes Dad?". With older children you should sit down and explain, "I realize we've been doing a lot of yelling across the house to each other. I'd like to change that because it's not an honouring way to interact. Sometimes I'm going to go and find you and sometimes I want you to come and find me to talk when I call." Refuse to dialogue with your children until you're close together.

The rest of these five steps are explained in great detail in the upcoming seminars that Pastor Bob and Gwen will be doing in their *Parenting is Heart Work Seminars*, which will be available in the New Year. The Parenting is Heart Work Seminar runs on a Saturday from 9:30 a.m. to 2:30 p.m.

The topics covered in the seminar are:

- **Teaching Kids to Listen and Follow Instructions**
- **Correction Ideas that Touch the Heart**
- **A Toolbox of Consequences**
- **Ending Discipline Times With Impact**

**To learn more, or if you would like to book a seminar time, please contact our office or look at our website for materials that are available.**

Thank you to all who support CFTH through your prayers and financially. We value all gifts that enable us to support the families we work with.

*Bob & Gwen*



**October 26-30, 2015 CFTH Annual Conference  
Ephrata Business Centre, Ephrata, PA**

All are welcome!

See <http://www.cfth.ca/coming-events.html> for more information

**November 7, 2015 Ladies Retreat  
Hosted by: Heidelberg Bible Fellowship**

Speaker: Gwen Bramhill

Contact: Karen Martin 519.884.4546 for more information

**November 16-20, 2015 In - Depth Counsellor Training  
C - 4 Church Ajax, ON**

taught by Pastor Bob Bramhill

See <http://www.cfth.ca/in-depth-training---registration.html>  
for registration and more information

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***Pastor Bramhill is available to do speaking and week-end conferences.***

***If you are interested, please call 226.422.3015***

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