



WEEK ONE

TITUS 3:4-7

Kindness Principle

ASK
THIS

What does kindness
look like?

DO
THIS



MORNING TIME

Send a text or write a note to your preteen reminding them of this: "Showing kindness to others isn't about getting the credit. It just means you are doing your part to love others well. Keep up the good work!"

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable
by how you treat them

BE KIND TO YOURSELF

by Sarah Bragg

It doesn't take long to realize that we tend to develop our identity based on our behavior. That's true for your life and for your kid's life. We make statements like . . .

"I'm a failure."
"I'm a screw-up."
"I'll never get it right."
"I'm unlovable."

These are statements we would never say to someone we love; yet we freely say them to ourselves. And our kids do, too.

In this phase of adolescence, kids think about themselves and their identity a lot. Besides their appearance, nothing shapes their identity more than their performance.

Preteens perform for parents, teachers, coaches, peers, and social media. So when a performance falls flat or even fails, self-abasement tends to follow. Girls tend to blame themselves, taking on the identity of being a failure, whereas boys tend to blame others for their failures.

During this phase, we need to help our kids to learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

So how do you teach self-compassion during this phase? It begins by retraining the voice in your kid's head, which honestly, may begin with you retraining the voice in your own head. Just like other emotional intelligence qualities,

self-compassion can be learned and developed over time.

Begin with this simple phrase: "BE KIND TO YOURSELF."

When you look in the mirror and don't like what you see say, "Be kind to yourself."

When you are passed by for the promotion say, "Be kind to yourself."

When you mess up, burn dinner again, fail to close the deal, or miss the event, say, "Be kind to yourself."

Start with you. Let your kids watch you show yourself kindness.

And when they mess up, fail the test, go another Friday without a date say, "Be kind to yourself." We all make mistakes or we all have moments where we aren't chosen. But that doesn't change our identity. It doesn't define who we are. Don't let that determine how you see yourself. What would you say to a good friend in the same situation?"

START THERE. AND CONTINUE TO BEAT THAT DRUM OF SELF-COMPASSION.

Let's make kindness a key building block to our kids' and our own identity. When we live out of a place of kindness towards ourselves, then we can pass that kindness on to others.

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WEEK TWO

RUTH 1 & 2

Ruth and Boaz

ASK
THIS

When is it hard to be kind?

DO
THIS



BED TIME

What is something kind you did for someone in your family or a friend? Was it easy or difficult? We all know that we should be kind to the people we're close to, but that can sometimes be hard to do! Think about Ruth. When things got tough she chose to treat Naomi with kindness. Pray, that instead of getting frustrated with your family or friends, you will all choose kindness.

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable by how you treat them

PROVE YOU LOVE THEM

by Kristen Ivy

I love my kids.

If I'm really honest, there's something inside me that wants them to know how much I love them. I'm not sure why. Maybe it's because I know how significant love is in the life of a child and I just hope they know—really know—how much they are loved, but they don't. How could they? They're kids. They might never understand or appreciate the way I love them.

That's okay. A kid doesn't have to understand or appreciate a parent's love in order to be affected by it.

So, what if the best thing we can do for our kids is not to get them to understand how much we love them, but to prove to them that we love them enough. What does enough mean? Maybe, in their world, it's as simple as SHOWING UP.

We can show up predictably. Whatever your work schedule, or your activity schedule, or your school schedule, you can show up in predictable ways. It's how you greet them in the morning, how you meet them at the end of the school day, how you end the day together and how you spend your weekend. It's the small ways that you show up in their world, day after day, week after week, that communicates love.

We can show up mentally.

Okay, this won't apply all the time. There are sometimes when our mental energy is somewhere else, that's just life. But there are moments when we can show up mentally more than others. We can plan strategic moments to disconnect and focus on what they have to say. One of the best times to show up mentally might be riding in the car. Some research actually shows that conversations happen more easily when we don't have direct eye-contact.

We can show up randomly.

These are the really fun moments. The surprises. It can be an unexpected note in the lunch box or a text in the middle of the day. It can be a non-traditional dinner night doing exactly what they want to do. Whatever it is, when you show up randomly, you have an opportunity to show your kid that you are thinking about them when they least expect it.

In the ways we show up for our kids, we can reveal small pieces of our indescribable love, so that they will know that they are lovable and that they have worth.

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WEEK THREE

MATTHEW 25:35-40

The Least of These

ASK
THIS

Have you ever received
unexpected kindness?

DO
THIS



DRIVE TIME

Share the kindness! Have each person in the car take turns talking about how another person in the car showed them kindness that week or month. Expand even further and talk about what your kid might have seen someone at school do that showed kindness to another person. Encourage one another to spread kindness wherever they are!

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable
by how you treat them

FIVE PRINCIPLES OF PARENTING

From *Parenting Beyond Your Capacity*
by Carey Nieuwhof and Reggie Joiner

Here's a few things we know will always
be true about you as a parent:

You will get tired.
You will struggle with what you should
do in a number of situations.
Your kids will not always behave
exactly the way you want.
You will stay awake sometimes,
worrying about them.
You will wonder, more than you should,
if you're a good parent.

But we think there are five principles
that will help you as a parent navigate
through a variety of different seasons.
And that if you begin to instill them
into your parenting, your relationship
with your children, and with the other
people they need in their lives, will
move in a better direction to parent
beyond your own capacity.

We want to invite you to engage your
family in a bigger story, a story that will
expand their perspectives and reveal
a significant role in this world. It's a
story that involves more than just your
family; it involves other influencers
who are on a journey to discover who
God is and why a relationship with
Him really matters.

We want to encourage you to establish
a lifestyle as a parent where you . . .

WIDEN THE CIRCLE

Invite others to invest in your children,
so your sons and daughters have
other voices that will help shape and
determine the direction of their lives.

IMAGINE THE END

Focus your energy and effort on the
issues that will make a lasting impact.

FIGHT FOR THE HEART

Create a culture of unconditional love
in your home to fuel the emotional
and moral health of your children.

CREATE A RHYTHM

Tap into the power of quality moments
together, and build a sense of purpose
through your everyday experiences.

MAKE IT PERSONAL

Allow your kids to see how you strive
to grow so they can understand how
to confront their own limitations and
pursue character and faith.

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WEEK FOUR

MATTHEW 5:43-48

Love Your Enemies

ASK
THIS

How can you be kind to people you don't get along with?

DO
THIS



MEAL TIME

Q & A for kids: What is the most valuable thing you own? How do you treat it?
Q & A for parents: What is the kindest thing anyone has ever done for you?

REMEMBER THIS

"Do to others as you want them to do to you."
Luke 6:31, NIV

LIFE
APP

KINDNESS – Showing others they are valuable by how you treat them

**RULES OR RELATIONSHIP:
A SIMPLE MAXIM FOR PARENTS**

by Carey Nieuwhof

My guess is that in your house—like my house—there's a constant tension between rules and relationships. Your nine-year-old is supposed to help wash the car, but instead decides that riding his bike is a far more important to the functioning of the universe than cleaning your dirty minivan. How do you respond?

On the one hand, you need . . . rules—boundaries, guidelines, and limits that make life work and shape character. On the other hand, you need . . . relationships—love for each other, respect, and even some basic kindness.

But rules and relationships always seem to be in tension with each other, don't they? Clamp down too hard on the rules, and the relationship suffers. Or work hard on relationship and the temptation is to slack off on the rules.

To make matters more confusing, in most families, one parent tends to be the relationship parent and the other tends to be the rules parent.

If you're like me, a rules guy, you are tempted to ground your nine-year-old for life, pull all video gaming privileges and be angry enough that most observers would assume you discovered your son had joined a super-villains army, not failed to pick up a sponge.

If you're more the relationship type, you'll abandon your bucket in the driveway, get on your bike and go have a picnic

in a green field with your new found best friend while gentle music plays in the background and your rules-loving spouse drives the car to the junkyard in protest.

Here's a maxim that I think can help those of us who struggle with this tension, which definitely includes my family:

Never ruin a relationship over a rule.
Never ruin a rule over a relationship.

We need them both, because as even we learn, far more freedom is found in keeping good rules than in breaking them. And so much freedom is found in great relationships. It's a both/and approach that wins in the end, not an either/or.

So how do you solve the car wash situation with your mildly rebellious nine-year-old? You hang in the tension of rule and relationship long enough to save both.

I know this isn't an easy tension to manage, but it is a tension almost every family experiences. If you commit to honoring both rules and relationships, your kids might emerge into adulthood a few years from now with respect for both rules and relationships in place.

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