Welcome to Heart-to-Heart!
Secure Hearts;
Helping Your Child Feel Truly Loved & Accepted

Week 3 | 11.04.13 (PM) | 11.06.13 (AM)
“Older women … encourage the young women to love their husbands, to love their children, to be sensible, pure, workers at home, kind, being subject to their own husbands so that the word of God will not be dishonored.”
“There is new science on how a child’s brain is wired and how it matures. The ‘upstairs brain,’ which makes decisions and balances emotions, is under construction until the mid-twenties. The right brain and its emotions tend to rule over the logic of the left brain, especially in young children. No wonder kids can seem—and feel—so out of control.” - Daniel J. Siegel
Strategies for Developing a Secure Heart in a Child of Any Age:

1. The security of a full emotional tank; aka LOVE
2. The security of expectations and consequences; aka DISCIPLINE
3. The security of having someone to count on; aka FAMILY
The security of a full emotional tank; aka LOVE

Unconditional love is the breeding ground for a secure heart.
When we love our children conditionally, it breeds insecurity:

• If we love them only when they please us or make us happy, they will feel anxious and unable to **Trust** themself.
• If we love them only when they meet our expectations and requirements, they will feel **Incompetent**.
• If we love them only when they make us look good, they will feel unsafe in relationships and have a hard time **Trusting others**.
When your child is misbehaving ask yourself:

✔ Is there a physical need?
✔ Is there emotional need?
Deposits In a child’s emotional tank:

1. Eye Contact
2. Physical Contact
3. Focused Attention
4. Consistent Discipline
When parent uses eye contact and pleasant words or actions, it fills a child’s emotional tank quickly and easily. A child who receives regular eye and physical contact from his parent will grow to be comfortable with himself, and with others.
Focused Attention is giving a child your undivided attention in such a way that they feel without a doubt that they are valuable and completely loved by you.

Children do their best, feel their best and behave their best when regularly given a regular dose of focused attention from at least one parent.
The security of consistent expectations and consequences; aka DISCIPLINE
A Parenting Misconception:
We must choose to love OR to discipline our child.

When it comes to discipline, think *training*, not punishment.
Behavior Modification approaches to discipline will change a child’s behavior but not necessarily their heart.

Biblical discipline is a heart-based approach.
Behavior is a symptom of a heart issue:

- Selfishness
- Rebellion
- Dishonesty
- Disrespect, etc.

When there is no heart change, there will be no lasting behavior change.
The heart is the wrestling place where a child makes conclusions about life. The heart is where beliefs are established. When children believe right – they act right and when they believe wrong – they act wrong!
The Key task as a parent is to help your child believe the right thing! Discipline, when used as training, helps a child to believe the right thing.
“For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.”

(AMP) “For God did not give us a spirit of timidity (of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of power and of love and of calm and well-balanced mind and discipline and self-control.”

2 Timothy 1:7
When a parent resorts to discipline as the primary means of relating to their child – the child tends to doubt that they are genuinely and unconditionally loved.
The security of having someone to count on; aka FAMILY.
Helping your child move toward security:

BE their _ADVOCATE_.

BELIEVE the _BEST_ in them

BE _THERE_ for them