

Family Services Newsletter

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Kind words strengthen the bridge - Part I

This week we want to encourage you to be mindful of the way you use your words and help your child use his/hers.

Very often we think others *know* what they're supposed to do or say and we don't consider important to communicate...again. Because they should know by the nth time, right?

The truth is, your children are still catching up in their language, social and emotional skills and part of how they will continue to learn is if we make sure we say what we mean and mean what we say, using kind words and matching behavior.

An important aspect of this, is to make sure our tone is not too loud or too soft and don't use too many words, we typically lose their attention after a minute-long-lecture.

Sometimes we assume we're on the right side, or that our child already knows better. And quite frequently, we let our actions speak instead of listening and using our words or we just neglect the power our words have on their self worth and self image in our moments of frustration or anger.

The same thing happens with our children. They haven't learned how to do it because they didn't have that caring person that taught them how to express themselves from the beginning so instead, they act mean, throw a tantrum, scream or laugh at inappropriate times, or simply give us the silence treatment.

We have the opportunity to teach them how to do it! but we might need some practice. Instead of giving them a harsh look, or using tough words, let's use them with kindness (and that doesn't mean without being firm). And let's also encourage them to use their words with kindness and patience.



Where in the Word?

John 10:27 says: My sheep listen to my voice; I know them, and they follow me.

For the sheep to listen to His voice, He had to speak first. And Jesus not only spoke, but His words were accompanied by actions that assured them He was who He said he was. The more we listen to Him, the more we know him, the more we'll want to follow and the closer the relationship will become.

Yes, Jesus is the way to the Father, our bridge between heaven and earth, and every step we take toward Him and with Him, is like, together, we're building the bridge under our feet as we get closer to the day when we'll forever be with him.

So it is with us and our children. Let's build a strong bridge. May God help us use our words and align them with our actions. May love and kindness color our interactions. May He teach us to love not only in word but also in deed.

Therefore, there is now no condemnation for those who are in Christ Jesus, ... - Romans 8:1a.

Let us also remove the condemnation from our words and actions towards our children. Let's forgive them for not being who we would like them to be. Let's forgive those who abandoned, neglected or mistreated them for being part of the reason why they behave the way they do today.

There is also no condemnation for you. Forgive yourself for not having the right words all the time, the best answers or reactions. Jesus already did. Everyday is a new day and Jesus is as patient with you as He is with them.