

Shelly Donahue

PARENTING FOR PURITY ON PURPOSE



10 Tips to Promote Purity

1. Do a search for "My Identity in Christ" Scriptures and print the list. Every morning at the breakfast table, read a Scripture reference in context and then model the declaration for your kids. Share one declaration per day. Say with authority, "I am a child of the Most High God," "I am a daughter of the King," "I am a son of the risen Lord," etc. After you recite the identity affirmation have each child repeat it. When our teen's identity is in Jesus they are less likely to seek their identity in the opposite sex.
2. Hug and kiss your teen when they head out the door in the morning or when you drop them off at school. They might balk and sheepishly say, "Mooooom or Daaaaaad." But in their heart of hearts they love it – do it all the way to Graduation Day!
3. Text your son or daughter with a positive message, a Scripture, a prayer or loving comment during their day. Even if they don't respond back – they appreciate your supportive thoughts toward them.
4. Eat at least one meal as a family at the dinner table – two meals is preferable. This generation doesn't want finger food, fast food or eating at the kitchen island. They want a knife, fork and spoon and no TV to distract from the family conversation.
5. Be your teen's pre-frontal cortex – remember, they don't get their adult brain till their mid-twenties. You've got to help them plan ahead. Debrief at meal times or in the carpool – ask about due dates for upcoming homework, projects, games, work schedule, babysitting, sleepovers, holiday gift giving, etc.
6. Sit beside your son on the couch, at the dinner table or in the car. Boys talk best side-to-side. They talk/share best when they don't have to look at you.
7. Girls will talk anywhere and anyhow! Just put some food in front of them and let the sharing begin!
8. Tuck your teenager into bed at night. Flip the light switch and say, "Sweet dreams Hon, I love you." "Sleep well Buddy, I love you." They want to be connected with you before going to sleep.
9. After the lights are off, lay on top of the covers on your son's bed, look up at the ceiling and ask, "On a scale of 1-10, how was practice?" When he responds, say, "What made it a 7?" "What could have made it a 10?" Boys are usually linear thinkers so it's easier for them to respond numerically and then they'll explain why. Again, your daughter usually needs no prompt to talk. Plop on top of her covers as well and say, "Tell me about your day, your chemistry test, volleyball practice, etc." and hope you don't fall asleep before she finishes!
10. Have Dad/Daughter dates and Mom/Son dates. Show your son and daughter how to treat others and be treated well by others. Role model the date so they know how precious they are to you – they won't expect anything less from a dating partner in their future!