

Health Wise

Dear Family and Friends,

I pray that you and your loved ones enjoy all of the peace, joy and wholeness that is Christmas! As we reflect on God's great gift of His precious Son, I would like to share some thoughts with you on WHOLISTIC PARENTING. Wholistic parenting focuses on the physical, psychosocial, and spiritual needs of children and is only possible with God's help.

WHOLISTIC PARENTING OF OUR CHILDREN'S PHYSICAL DIMENSION;

Our children all have physical needs that require our attention. Among the specific things we can do to protect our children's physical health are:

- * In the car, always use a child restraint system. Car seats for children under the age of 3 (in most states), and seat belts for older children.
- * Make sure the home is child - proof.
- * Keep a stocked first aid kit.

WHOLISTIC PARENTING OF THE PSYCHOSOCIAL DIMENSION;

The psychosocial dimension of parenting takes time, concern, patience and thoughtfulness every day. Among the specific things we can do to promote our children's psychosocial health are:

- * Learn more about child development.
- * Use discipline as a teaching tool.
- * Be generous with attention, affection and praise and be cautious with discipline and punishment.

WHOLISTIC PARENTING OF THE SPIRITUAL DIMENSION;

Jesus sets a wonderful example for us in the way He interacted with children. Among the specific things we can do to promote our children's spiritual dimension are:

- * Try to reflect God's unconditional love with our children.
 - * Share spiritual truths with children starting at a very early age.
 - * Role - model to children spiritual behaviors we would like them to have.
- Remember that our lives are a more persuasive testimony than anything we will ever say.

“These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up”. Deut. 6:6, 7.

Michelle Schumann