

THE PEAK CHURCH PRESENTS:

# TRAINING THEM UP

VERY PRACTICAL WISDOM FROM  
VERY IMPERFECT PARENTS



LED BY PASTOR KYLE AND MARIE MEIER

# ABOUT OUR CHURCH

The Peak Church is a Methodist faith community located in Apex, NC with a heart for reaching those who feel disconnected from church and faith. Our hope is to serve all types of families as they seek to lead and love their children. Thus, this course was written to include not only traditional families, but single parents, same-sex parents, and adoptive/foster parents.



## ABOUT US

Hi everyone!

We are so excited you are taking this course with us. Kyle and I met back in 2011 after being set up (against our will) on a very awkward blind date. Nine years later we have two kids Wrenn (5) and Everett (3). Before becoming pastor of The Peak back in 2014, both Kyle and I have had experience working with youth as student ministry directors and camp counselors. But just to be clear, these sessions are certainly not an exhaustive list, but some practical wisdom we've obtained along the way. We are excited to share with you some of the lessons that have made the biggest difference in how we parent so far. Enjoy!

Kyle and Marie

# SESSIONS OVERVIEW

**01**

Meeting Them  
Where They Are

**02**

Providing Tools,  
Not Quick Fixes

**03**

Doing Your Own  
Work

## GOAL FOR THIS COURSE:

Ever since we first became parents, we tried to seek advice not from the families who had it altogether, but those who were willing to be real about their failures, mistakes, and struggles raising children (oh...while also maintaining a healthy marriage, self-care, friendships all at the same time). Our hope is that you not only learn something new, but that you feel seen, understood, and empathized with. We are in your corner!



# 1: MEET THEM WHERE THEY ARE

## CONNECTION-BASED PARENTING



1. For you, what are the biggest obstacles to empathizing with your child when they are upset?
2. Can you think of a time when you did this well and why?
3. Which of the "tips" listed are you going to focus on in the immediate future?



When our children act in a way that we don't agree with or understand, the temptation is to fix, stop, or punish them.

Before offering solutions, the first step in parenting is identifying AND demonstrating an understanding of their point of view.

### Practical Tips:

- 1 Develop "go to" phrases that demonstrate empathy (i.e. "I know that's hard." or "That happens to daddy too.")
- 2 Physically get on their level (get low and get open)
- 3 Ask curious questions (i.e. How did that make you feel?, What was your goal?, etc.)
- 4 Be the calm in their storm



# 2: PROVIDE TOOLS, NOT QUICK FIXES

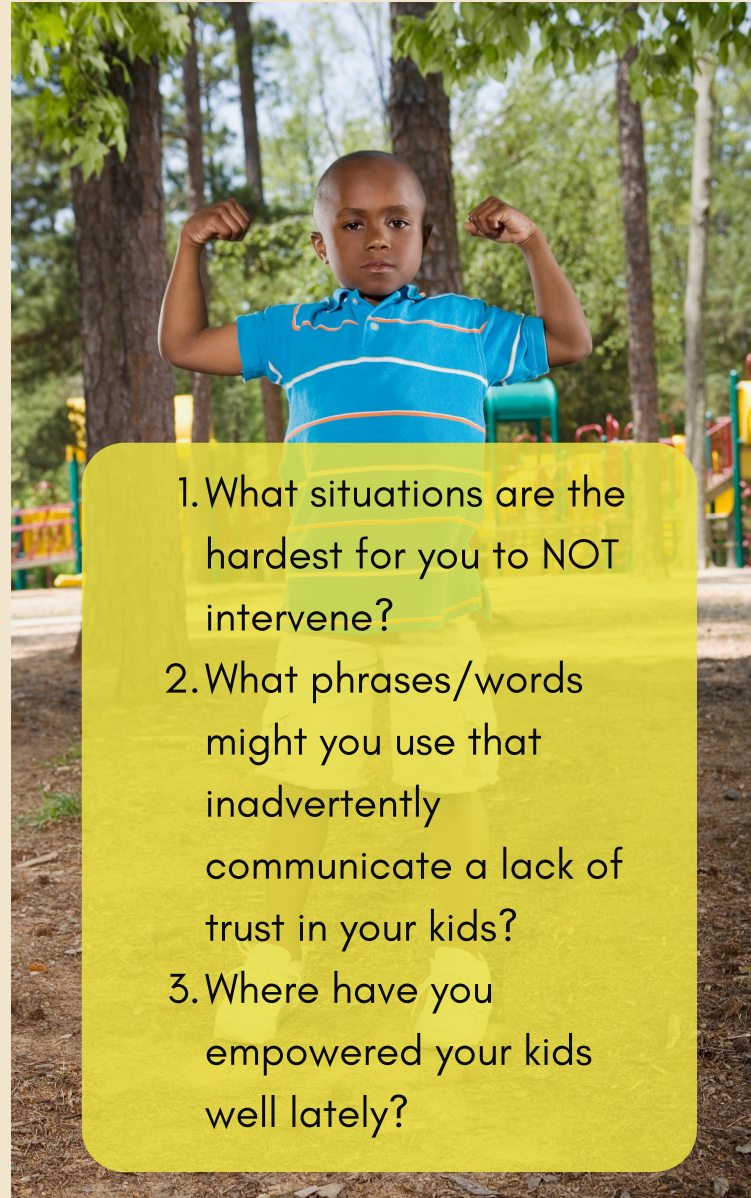
## EMPOWERMENT-BASED PARENTING

Good parents are trying to work their way out of a job. They understand that the goal isn't greater dependence upon you, but greater confidence in themselves and their own abilities.

For some kids, confidence is natural. For most, it is learned. The key question for parents is how can we give our kids the opportunities to fail safely.

### Practical Tips:

- 1 Assess the risks (not all conflicts need your intervention)
- 2 Start small (help your kids conquer their fears by mastering bite-sized pieces first)
- 3 Encourage them to try new things WITH you
- 4 Give them a role on the team and don't "fix" their efforts afterward (i.e. folding laundry)
- 5 Be careful about using words/phrases that communicate a lack of trust in them



1. What situations are the hardest for you to NOT intervene?
2. What phrases/words might you use that inadvertently communicate a lack of trust in your kids?
3. Where have you empowered your kids well lately?

# 3: DO YOUR OWN WORK

## AWARENESS-BASED PARENTING

1. What is a positive trait you inherited from your parents? What about a not-so positive one?
2. Kids can be like mirrors into our strengths and weaknesses. What have you learned about yourself (good and bad) since becoming a parent?
3. Where would you like to grow the most this year? (i.e. Controlling your temper, helicopter parenting, etc.)



If you don't transform your pain, you'll transmit your pain.

Healthy parents don't compare themselves with others, but with the parent they want to become.

While anxiety, depression, and insecurities can be biological, they can also be inherited.

### Practical Tips:

- 1 Start with your biggest fear and consider where/how it might be influencing your parenting
- 2 Ask for accountability (preferably not from your spouse)
- 3 Understand that your default will be your parents' parenting style **OR** the exact opposite
- 4 Seek advice from wiser and more experienced parents

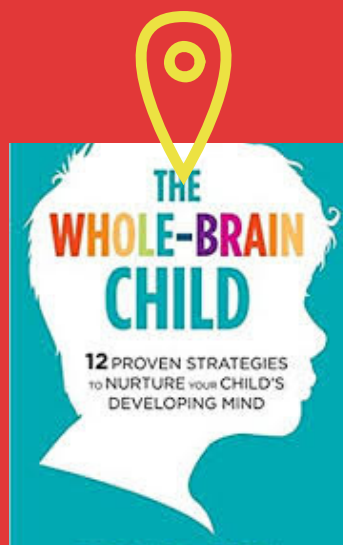
# ADDT'L RESOURCES

HERE ARE A COUPLE OF AUTHORS, BOOKS,  
AND PODCASTS WE'VE FOUND REALLY  
HELPFUL!



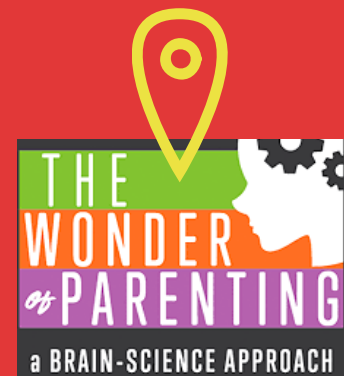
## RAISE GOOD KIDS

This podcast and Instagram page shares tips about mindful parenting every single day!



## DR. DAN SIEGEL

We love this author and found many of his books to be immensely helpful in developing strategies for nurturing your child at every age!



## THE WONDER OF PARENTING

This podcast is a ton of fun. The hosts help map your child's brain so that you better understand how it works, what they need, and how to get through.