

**Avoid:**

- Perfectionism
- Sheltering or Coddling
- My child's success = my success
- Jealousy, resentment
- Grief and guilt

**Attitudes to Teach:**

- Respect
- Self-Awareness
- Passion for Learning
- Humility
- Perseverance

**One thing I can do to take time for:**

3. Myself:

4. My marriage:

5. My family relationships:

**Scripture to consider**

Remind yourself what is true. Psalm 42-43

Our God says, "Calm down, and learn that I am God!" Psalm 46:10 (CEV)

Pay attention not only to your own interests, but those of others. Phil 2:4

Our hearts can deceive us. Jeremiah 17:9, Psalm 139:23

Pray about what you say and don't say. Psalm 141:3

Creation reveals God's majesty. Romans 1:20

Our bodies belong to God. I Corinthians 6:19-20

**On Goals and Relationships**

*"Children, 'being fair' means giving you what you need when you need it. It would be unfair to treat you all the same." ~Melinda L. Boring, [HeadsUpnow.com](http://HeadsUpnow.com).*

Ken Sande's blog and courses on Relational Wisdom 360 are very good. [RW360.org](http://RW360.org)

Paul Tripp. *Age of Opportunity: A Biblical Guide to Parenting Teens*.

Carlette Sande. *The Young Peacemaker: Teaching Students to Respond to Conflict God's Way*.

Ken Sande. *The Peacemaker: A Biblical Guide to Resolving Personal Conflict*.

On disappointments in childrearing, see Emily Perl Kingsley's "Welcome to Holland."

<http://www.downsyn.com/holland.php>

Elliot, Elisabeth. *The Shaping of a Christian Family: How My Parents Nurtured My Faith*. Grand Rapids, Michigan: Revell, 2005.

Hal and Melanie Young, *My Beloved and My Friend: How to Be Married to Your Best Friend Without Changing Spouses*.

Sign up for their weekly email *Lovebirdseed* at [RaisingRealMen.com](http://RaisingRealMen.com).

*Not only for homeschoolers!* Wise words from Reb Bradley on “critical blind spots common to homeschoolers and other family-minded people. “Solving the Crisis in Homeschooling: Exposing the 7 major blind spots of homeschoolers.” [www.familyministries.com](http://www.familyministries.com) Under “Free,” see this post under “Family Life.”

David Coffin: Proverbs sermons: [newhopefairfax.org/resources/sermons-to-hear](http://newhopefairfax.org/resources/sermons-to-hear) There are also some great articles and other sermon series on this site.

### **For parents of kids who learn differently, or face physical or emotional disorders:**

Jolene Philo. *Does My Child Have PTSD?* A practical introduction to childhood trauma disorder.

Gary Chapman and Jolene Philo, *Sharing Love Abundantly in Special Needs Families*.

Cathy Steere. “Kick Off Your Running Shoes,” [heav.org/begin-homeschooling/articles/kick-off-your-running-shoes/](http://heav.org/begin-homeschooling/articles/kick-off-your-running-shoes/)

Carol Barnier. “The Myth of Equal Time.” [crosswalk.com/family/homeschool/encouragement/the-myth-of-equal-time-11552735.html](http://crosswalk.com/family/homeschool/encouragement/the-myth-of-equal-time-11552735.html)

### **Good books to focus our hearts**

Paul Miller. *A Praying Life*. 2009.

William Bridge. *A Lifting Up for the Downcast*. Banner of Truth, 1961. 9780851512983 (Thirteen sermons preached in London in 1648.)

Jonathan Edwards. *Charity and Its Fruits*. Sermons on I Cor. 13, preached in 1738.

Elizabeth Prentiss. *Stepping Heavenward*. 1880. 978-0873770781.

Henry Scudder. *The Christian’s Daily Walk* online or download from [www.archive.org/details/christiansdailyw1834scud](http://www.archive.org/details/christiansdailyw1834scud)

Wolfe, Paul D. *Setting Our Sights on Heaven: Why It’s Hard and Why It’s Worth It*.

### **Other Resources**

Carol Barnier. *If I’m Diapering a Watermelon, then Where’d I Leave the Baby? Help for the Highly Distractible Mom*.

Nicholas Carr. *The Shallows: What the Internet Is Doing to Our Brains*.

Kathy Kuhl’s *Staying Sane as You Homeschool*, relevant for all parents.

Daniel J. Siegel, M.D., and Tina Payne Bryson, Ph.D., *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind*.

Edward T. Welch. *Running Scared: Fear, Worry, and the God of Rest*.

Kathy Kuhl’s blog at [LearnDifferently.com](http://LearnDifferently.com).