



the Parent LINK

Children's Ministry Edition



February 2012



POWERSOURCE

ASK GOD:

1. To protect your children from harmful messages about physical attributes.
2. To help your children view themselves as God's creation.
3. To heal any body-image struggles you've been facing.

Promote Positive Body Image

The topic of body image is usually associated with teenagers, but it's becoming an issue for younger children now, too. Media and advertising, toys, and peer pressure are among the many factors that make kids question their appearance and build. But what's said and seen at home matters, too. Often parents inadvertently contribute to their child's body-image issues with their comments or through their own weight issues. A parent's focus on body image can make a child think his or her value is based solely on appearance. Here are tips for promoting healthy body image in your children:

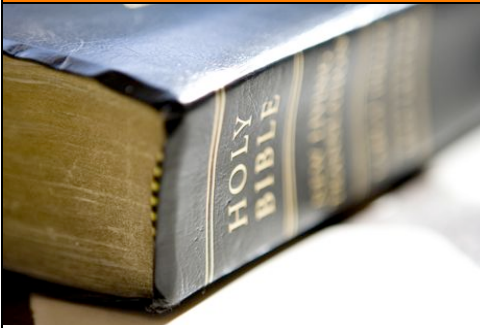
- Emphasize that God created our bodies, which he calls "the temple of the Holy Spirit" (1 Corinthians 6:19).
- Model healthy eating. Show children how to make wise food choices, and don't require them to always clean their plates.
- Accept yourself. Resist an obsession with calories and pounds.

INSIGHTS

- 80% of girls in third- through sixth-grade report displeasure with their bodies. Young girls say they're more afraid of becoming fat than they are of cancer, nuclear war, or losing their parents.
(U.S. Dept. of Health & Human Services)

- 36% of third-grade boys have tried to lose weight, and "muscle dysmorphia," an obsession with body size and shape, is on the rise among young males.

(Time)



I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
(Psalm 139:14 NIV)

Everything God created is good, including our amazing bodies. One of the many things we can do with our bodies is praise God for caring for us physically.

TEACHABLE MOMENTS

1. Turn to the Book—Read and discuss Bible passages about beauty (see 1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-4) and strength (see Isaiah 41:10; Ephesians 6:10-11; Philippians 4:13; 1 Timothy 4:8).



2. Branch Out—Encourage children to try new things. These experiences help affirm kids' bodies in unexpected ways. Also look for activities that diversify children's experiences, fortify their emotional strength, develop their talents and interests, and widen their circle of peers and mentors. Your church or children's ministry is a good place to start.

3. Unique Creations—Make clay sculptures of things that are important to each of you. Then talk about why you cherish and care for that item. Remind children that God cherishes and cares for us—and wants us to do the same with our bodies.

Chat with your children about body image by using these discussion starters:

1. Why did God give us bodies? What are some special things you can do with your body?
2. What does God want us to do with our bodies? How does he want us to take care of them?
3. What are some ways we can be kind to our bodies—and to other people's bodies?

FAMILY EXPERIENCE

Try these activities to celebrate God's gift of our bodies. The first works well with younger children, and the second works well with preteens.

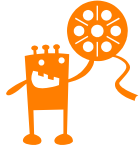
• **Hopping-Popping Bodies**—Help children draw a gingerbread-cookie-type person and then draw arrows from different parts of the body to the outer rim of the paper. From the head, help children write words that describe what they like to learn about. From the hands, write things they like to do. From the feet, places they like to go. From the stomach, things they like to eat, and so on.

Read aloud Psalm 139:14 and use your bodies to express the information on the papers. Have children act like kernels of popcorn. Have family members "burst" open with their answers as you mention each body part. For example, say: "We thank God for our minds to think about...." After everyone has popped up and shared an answer, move on to the next body part.

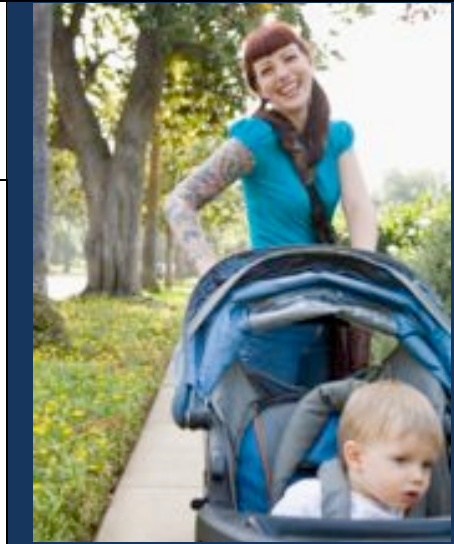


• **Wonderfully Made**—Remind older kids of how wonderfully God has made them.

Read aloud Psalm 139:14. Discuss messages that today's society communicates about beauty and body image. Then describe what God sees in each person. Together, create a poster that communicates either Psalm 139:14 or our worth and image in Christ. Hang the poster near a mirror as a reminder of how much God values each of us.



MEDIA MADNESS



MOVIES

Movie: *Big Miracle*

Genre: Drama, Romance

Rating: PG (for language)

Cast: Drew Barrymore, John Krasinski, Kristen Bell

Synopsis: This film is based on the 1989 book *Freeing the Whales*. An Alaskan reporter and a Greenpeace volunteer work to save a family of gray whales trapped in ice in the Arctic Circle.

Our Take: Nature lovers and fans of *Dolphin Tale* will likely enjoy this movie. It can spark discussion about people's responsibilities to care for God's creation.



MUSIC

Artist: Kari Jobe

Album: *Where I Find You*

Artist Info: Jobe, a 30-year-old worship leader in Texas, knew her career path by age 10. Her self-titled debut album from 2009 was accompanied by a Spanish-language version, *Le Canto*.

Summary: Jobe uses music to bring people to Jesus, where they find peace, life, and healing. In her hit single "We Are," she reminds Christians that we "impact people's lives in everything we do."

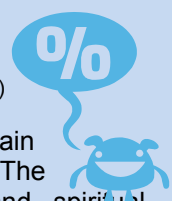
Our Take: Jobe's voice and message shine in her pop tunes and acoustic ballads.

CULTURE & TRENDS

- More new moms are getting inked to honor their offspring. Mothers say tattoos bearing their children's names leave little room for regret, unlike other types of tattoos. Tats also remind moms they're still "cool," even though they're parents. (babycenter.com)
- Last year at ClubPenguin.com, children adopted more than 25 million Puffles, or virtual pets. The *Club Penguin Times* is read as much as *The New York Times*. (Mashable.com)

QUICK STATS

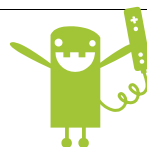
- One-quarter of America's 16 million Latino children live in poverty. (pewhispanic.org)
- 80% of a person's brain develops by age 3. The intellectual, social, and spiritual information you instill early on sets an important foundation. (firststeps.us)
- 52% of families have been members of their current church for 10 years or more. (Children's Ministry)



GAMES, SITES & APPS

Title	Content	Rating & Platform
<i>National Geographic Challenge</i>	Players can brush up on geography, science, and history as they answer questions and complete puzzles. Best for kids ages 8 and up.	E; Xbox 360, Wii, PS3
<i>YourSphere</i>	This kids-only social-networking site offers blogging, games, social interaction, and more. Parents can view all their children's online activity.	YourSphere.com is appropriate for preteens.
<i>iSock</i>	A sock puppet's mouth mimics your speech as you talk. Young children—and their parents—will have fun being creative with this app.	Requires a smart phone with sound; 99 cents at iTunes.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, listen to, and wear.



Mayfair Children's Ministry News

Our "forever changed" theme for this school year comes from Romans 12:2. In verse one of Romans 12 it reads " *Brothers and sisters, God has shown you his mercy. So I am asking you to offer up your bodies to him while you are still alive. Your bodies are a holy sacrifice that is pleasing to God. When you offer your bodies to God, you are worshiping him.*" (NIRV) A great verse to use in discussion with the "body image" theme of this month's parent e-newsletter. May we continue to allow God to "change us" and our children into His Image. Hope you have a wonderful February. God bless you all, Randy

CHILDREN'S DAY SET FOR MARCH 4 - Mark your calendars for **March 4** for our Annual Children's Day program. The Peagram Church of Christ Puppet Team & Leesha Everett return and other special guests! Invitation cards will be available soon at both of our Children's Information Desks.

MATT FLYNN JOINS US IN MAY!... This year we are extremely excited to announce that Matt Flynn will be joining our Children's Ministry staff. Matt is from Hazel Green, AL and is graduating in May with a Bachelor's Degree in Bible from Harding University. He has served as a children's ministry intern at Mayfair for the past 4 summers. Matt has also served as a Campus Ministry Intern at the College Church Of Christ & a children's ministry intern at the Downtown Church Of Christ in Searcy, AR. He is a native of Hazel Green, AL. We look forward to Matt's beginning his work with us in May of this year!

SUMMER INTERNS FOR 2012 SELECTED... We are also excited to announce that Dalton Stamps, Logan Jaks, Emily Welfare (All from Harding University) & Lauren Owens (Auburn University) will be coming this summer to serve full time as our Children's Ministry summer interns. Please keep Dalton, Logan, Emily, & Lauren in your prayers and ask God to bless all our efforts for Him this summer.

NEXT SUNDAY, HARDING UNIVERSITY'S GOOD NEWS SINGERS... The Good News Singers will be at Mayfair to present a program in song in the gym during our 10:20 AM Bible Class time. Logan Jaks (One of our MCM Summer Interns for this summer), Amber Smith (Served as one of our Summer Interns a couple of summers ago), and Matt Flynn (Coming to Mayfair to serve as Associate Children's Minister in May) are all part of this talented group. We (Their adult teachers & helpers) are going to take our 3rd - 5th graders from their Bible classes next week and allow them to attend. We hope lots of our children's parents (and anyone!) will make plans to attend their program next Sunday, February 12 at 10:30 in the gym.

NEW BABY DAY RESPONSES NEEDED... On **Sunday, March 4**, during the morning worship service, we will present all of the new babies born or adopted within our church family (since February of 2011) to the congregation as part of our annual New Baby Day. If you have had a new child added to your family and did not receive information regarding the program, stop by the Downstairs Children's Information Desk to pick up information. Responses are needed no later than February 15!

COMING SOON...

February 19 - 4th/5th Boys To Lead PM Worship

February 27 - Upward Basketball Awards Night

February 24 - Parents Night Out

April 15 (Note New Date!) - 3rd - 5th Grade Father/Daughter Banquet

April 7 - Egg Hunt

April 29 (Note New Date!) - 3rd - 5th Grade Mother/Son Banquet

VACATION BIBLE SCHOOL - JUNE 11-13

Contact our MCM offices at 256-881-4651 or randy@mayfair.org for more information.