Porn and Children
A recent Comment printed in The Age emphasised the growing influence and impact of online pornography on the development of young boys and girls (The Age, April 25, 2015; reprinted from The Telegraph, London). To be honest, this is not something that I want to even think about. But the reality is that children are being exposed at a younger and young age, and this has incredibly detrimental effect on their social, emotional, physical and spiritual development. It is very important that, as parents, we are actively engaged in building strong connections with our children, so that important, and sometimes difficult conversations can be had. In the second half of this year, a number of parent workshops will be held at Prince of Peace Senior Campus to explore the issues affecting our young people, and ways that we, as parents can be of assistance.

Dates and topics will be promoted through Popcorn and PCN as they become finalised.

Media Issues
Sexting and cyber issues are on the rise. News services continue to draw attention to this sad reality. Many parents are surprised to find out that their child has been involved in things that are considered illegal. The following link provides some excellent resources to help parents understanding the changing nature of media.

https://safesmartsocial.com/ (A series of parent guides to apps like Snapchat, Tumblr etc., as well as a link to discover how to monitor your child’s online footprint).

Parenting
On Building Strong Connections with Your Children.
The website, http://www.parentfurther.com/, offers more than 100 brief, meaningful activities for families that emphasize kids and parenting adults learning, growing, and enjoying time together. Each activity focuses on strengthening family relationships and developing attitudes and skills that young people need to overcome challenges and thrive in life. It also features:

- Quick quizzes to help parents focus on different aspects of relationships and specific challenges they face
- Discussion-starter questions for families
- Accessible research summaries on the importance of each topic
- Tips for understanding kids at each stage of development, from infancy through adolescence
- Search Institute's new framework of developmental relationships, which identifies five key strategies: expressing care, challenging growth, providing support, sharing power, and expanding possibilities
- Key attitudes and skills that motivate young people to persevere through challenges and distractions, such as knowing and developing one's sparks (interests), setting goals, and increasing effort
- Positive approaches to key challenges that families face, such as preventing alcohol and tobacco use, and managing money well--the number one source of stress in families.
Loving Your Kids on Purpose
The Loving Our Kids on Purpose Course, has just concluded. Parents who attended were encouraged, challenged, and grew in understanding of their important role. For those who were unable to attend, please contact Chris Mills for information about borrowing the DVD’s. If you were unable to attend, four key principles were taught throughout the course...

- Connection: good parenting requires the development of strong connections with your child – at a heart to heart level. This is not about being a friend to your child. This is about having strong relationships and connections that enable parents to be parents.

- Empowerment: it important for children to learn to make choices. Giving children choice is about giving them freedom. This does not mean that a child gets to do what they like. It means that in every situation children learn to solve problems to create a solution. A key question to ask is, “What are you going to do?”

- Safe Place: is a place where children know that their parents can handle their child’s mistakes. Providing a safe place builds confidence and personal responsibility in children. Confidence does not grow out of always being successful or always getting a prize. Confidence grows from children discovering something deeper within themselves. The same is true with responsibility. Children need to be able to make choices and take on board the consequences of those choices.

- Unconditional Love: is the emphasis that the child is loved not matter what. There is nothing that the child can do to get the parent to love them more, and there is nothing that the child has done that will stop the child from being love.

Finally, there are five primary skills to that these four principles build in a teenager
- Emphasize the connection (between child and parent)
- Empower them to decide
- Build gratitude
- Invite them to think
- Manage permission, opportunities and your resources.

Triple P Parenting Online Course
This widely known course now offers an online version that gives parents simple tips to help manage the big and small problems of family life. Problems like toddler tantrums or teenage rebellion. Self-esteem issues. Bedtime battles. Disobedience. Aggression. Triple P can help you deal with them all – and more!

For further information please follow the link below:
http://www.triplep-parenting.net.au/au-uken/get-help/which-triple-p-is-right-for-me/
and scroll down to Online Course. The cost of the online course is $79.95.

Please contact any of the Pastoral Care Team for further details or support:

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