



the Parent LINK

Children's Ministry Edition



Resolution for a Food Revolution?

January 2013

First Baptist Church Pikeville



POWERSOURCE

ASK GOD:

1. For a healthy dose of willpower to make and maintain your new year changes.
2. To provide a partner to take on your challenges with you. Success happens more often when you're on a team.
3. To make clear not only what you can change in this next year, but also everything you've done well. Celebrate, with God, the good things from last year to take with you as you move ahead.

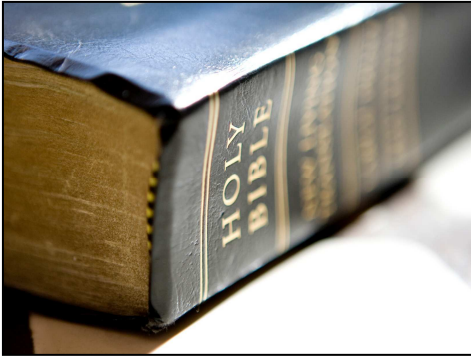
PUT SOME "RESOLUTE" IN YOUR RESOLUTION

We're just past the holidays and many of us are painfully aware of our waistlines. Year after year, the most common New Year's resolution is to lose weight, start an exercise routine, eat healthier, or a combination of all of the above. Along with this popular resolution comes the joke that resolutions are made to be broken. But when your health, and the health of your family, is on the line perhaps it's no laughing matter.

Change your mindset this year. If your goal and desire is to give your family a nutrition makeover, come up with a serious game plan and stick with it. Fad diets, more often than not, don't cultivate lasting results. Plus, consider the example your eating and dieting habits set for your children. The nutritional example you set for your kids now will influence them well into adulthood. Revolutionize your family's food, and you'll revolutionize their future.

RESOURCES TO GET YOU STARTED

An enormous deterrent in the fight for a family nutrition overhaul is that daunting first step: knowing where to begin. Thankfully, amidst the hundreds of websites geared toward personal nutrition, there's a great one designed with the entire family in mind. With tips for parents and kids on eating healthy, exercise, special dietary needs, recipes, and more, kidshealth.org is an online tool to add to your bookmarks.



“Then God said, ‘Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.’”

—Genesis 1:29

TEACHABLE MOMENTS

1. A Little Organic: A child’s eating habits and preferences can begin to form as early as infancy. Give your kids choice in what they eat, but offer them choices from good, healthful food. You can guide them in healthy nutrition without them feeling deprived of treats or independence. Cook together as a family and allow your kids to see the fun in preparing food from scratch, rather than taking a trip to the nearest fast food line.

2. Stress-Buster: Starting your day, and your kids’ day, in a mad rush instantly adds stress. Instead, get in the habit of prepping the night before and then free up more time in your morning for a good breakfast together, a family devotion, and a more relaxed pace. Every night, have your family choose clothes for the next day, prep lunches as much as possible, get coffee ready to brew, and make a plan for breakfast. Modeling this for your kids teaches them organization and planning skills.



FAMILY EXPERIENCES

Food for Thought:

Choose a favorite family recipe and set out all of the ingredients in separate bowls. Have your kids taste each ingredient on its own and tell you what they like or don’t like and why (pre-cook any ingredients that need to be before tasting). Then, work together to combine the ingredients to make the finished recipe. Taste-test the final product and ask: **“How did the ingredients you didn’t like on their own combine with others to make the finished recipe taste good? Why do you think God gave us so many different kinds of food? What’s one way we can work together to eat good food and keep our bodies healthy as a family?”**

Make a Joyful Noise for 2013!

Here’s a great song from the holiday activity book, *Seasonal Specials* (group.com). Sing this song on New Year’s Day with your little ones to celebrate the new year and how Jesus’ love makes all of us new. (Sing to the tune of “Mexican Hat Dance!”)

“When we give all our heart to
(Kids jump and shout) **Jesus!**
When we give all our mind to
(Kids jump and shout) **Jesus!**
When we give all our soul to
(Kids jump and shout) **Jesus!**
Jesus makes all of us new!

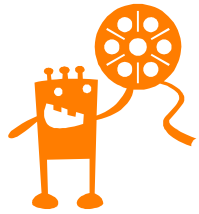


And then Jesus will give you a new life *(Kids do-si-do around each other, arms linked)*

And then Jesus will give you a new life

And then Jesus will give you a new life

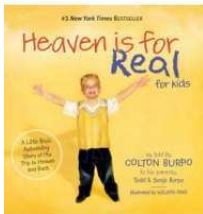
Jesus makes all of us new! *(Kids throw arms up in the air)”*



MEDIA MADNESS



BOOKS



Title: Heaven is for Real for Kids: A Little Boy's Astounding Story of His Trip to Heaven and Back

Publisher: Tommy Nelson Kids

Author: Todd Burpo

Synopsis: While hospitalized in critical condition, young Colton Burpo visited heaven and came back to his family with an incredible story. He learned first-hand of Jesus' love for kids.

Our Take: This is a fantastic resource to open up a discussion with your kids about heaven and even the tough topic of death. Told directly from Colton's perspective, his incredible story is sure to touch your kids' hearts.

MUSIC



Artist: Chris Tomlin

Album: Burning Lights (releases January 8th, 2013)

Artist Info: Writing his first praise song at 14 years old, Tomlin is now one of the most prominent and influential voices in the Christian music industry.

Summary: This album has Tomlin's trademark sound and will inspire you to sing praises at the top of your lungs with your kids. The collection also features unique collaborations with other Christian artists, such as Christy Nockels.

Our Take: Tomlin's songs are simple, yet infused with honesty and depth. Your entire family will love the anthems of *Burning Lights*.



CULTURE & TRENDS

- **The Whole30:** Not for the faint of heart—but if you're ready for a challenge that'll open your eyes to the impact of items such as sugar, preservatives, dairy, and grains in your family's diet. This food project will provide that experience! Break emotional ties to food and feel better through better food choices. Many see results not only in weight and body composition, but also in energy stabilization and better sleep.

Whole9life.com

- **Budgeting for Healthy Food:** Options such as Safeway's "just for u" app (*safeway.com*) and Sprouts Farmers Market Double Ad Wednesdays (*sprouts.com*) can alleviate bigger grocery bills that come with healthier eating. Embrace your couponing power!

ADDITIONAL TOOLS

Check out these other free, online tools for inspiration and encouragement in tracking your family's daily food intake, and exercise:


- livestrong.com/myplate
- myfitnesspal.com
- sparkpeople.com

GAMES, SITES & APPS

Title	Content	Rating & Platform
LeapPad2	LeapPad2 topped Christmas lists this past holiday season. It boasts over 325 educational games and apps!	For kids ages 3 to 9. Watch for post-Christmas sales! Prices start at \$99.99.
Nintendo Land	Designed to be a virtual theme park of classic Nintendo worlds, this mix of games offers a wealth of fun challenges.	E for Everyone, 10+; ESRB rating platform. For the Wii U console. \$59.99
Jelly Car 2	Round two of a popular game that challenges kids to analyze and solve problems.	Best for ages 5+; for iPhone and iPad. \$0.99 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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 1 New Year's Day	2	3	4	5 Happy Birthday Elle C.
6 8:30 , 11:00 and 6:30 Extended Teaching Care (birth -3years) 9:30 -Sunday School 6:30 -Mission Friends (4-5 years) 6:30 -Children In Action (1-6 Grades) Happy Birthday Stephen C. And Philip S.	7	8 Happy Birthday Carter H.	9 6:30 E. T. C. 4 and 5 Year Old Choir Children's Choir Happy Birthday Zac C.	10	11 Happy Birthday Trey H.	12
13 8:30 , 11:00 and 6:30 Extended Teaching Care (birth -3years) 9:30 -Sunday School 6:30 -Mission Friends (4-5 years) 6:30 -Children In Action (1-6 Grades)	14	15	16 6:30 E. T. C. 4 and 5 Year Old Choir Children's Choir Happy Birthday Jackson R.	17	18 Happy Birthday Ginna J.	19 Happy Birthday Arionna W.
20 8:30 , 11:00 and 6:30 Extended Teaching Care (birth -3years) 9:30 -Sunday School 6:30 -Mission Friends (4-5 years) 6:30 -Children In Action (1-6 Grades)	21 Martin Luther King Day	22	23 6:30 E. T. C. 4 and 5 Year Old Choir Children's Choir	24  Compliment Day Happy Birthday Amy A.	25	26 Happy Birthday Alexis A.
27 8:30 , 11:00 and 6:30 Extended Teaching Care (birth -3years) 9:30 -Sunday School 6:30 -Mission Friends (4-5 years) 6:30 -Children In Action (1-6 Grades)	28	29 Happy Birthday Isabella L.	30 6:30 E. T. C. 4 and 5 Year Old Choir Children's Choir	31		



**Children In Action (CIA) (Grades 1-6)
And
Mission Friends (Ages 4yrs.-K)**

Starts back Sunday January 6

6:30

Be on the look out for ...



Date and Project to be announced!