

How to Help Parents

Effective Parenting Support Groups use the **Four Goals of Effective Parenting** to **Solve Parenting Problems:**

- **Be Biblical**
- **Be Practical**
- **Focus on the Heart**
- **Look for Adult Solutions to Children's Problems**

Effective Parenting Support Groups guide parents to significant solutions that go deeper than merely behavior change.

Each Group has Two Components:

A Teaching Time and **A Sharing Time**. These elements provide two ways for parents to gain the helpful resources they need. Whether you are experiencing a crisis now or you're just trying to be a better parent, this support group will help you navigate through the complex challenges of parenting.

The **National Center for Biblical Parenting** is committed to providing you with practical answers to family problems from a biblical perspective.

Effective Parenting Support Groups Work Because:

- They balance teaching with problem solving times in each meeting.
- They help parents develop biblical solutions that focus on heart issues.
- They offer loving support along with real answers to give parents just what they need to meet the challenges of their family.

You Will Benefit in the Following Ways:

- You will learn how to avoid pitfalls, solve problems, and develop a team atmosphere in your home.
- You will find support from other parents who are trying to raise responsible, healthy children.
- You will learn how the Bible applies to your relationship with your children.
- You will get practical help for the complex issues in your family.



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For more helpful resources, please visit biblicalparenting.org.



For those who feel **overwhelmed** and for those who just want to be **better parents**



Effective Parenting Support Group

Do any of these things sound familiar?

- "My kids won't do what I tell them to do."
- "Whenever I give an instruction I get a bad attitude."*
- "My child has a problem with lying, violence, drug problems, disrespect, or rebellion."
- "I feel like a failure as a parent."*
- "I don't know what to do or how to think about the problems my kids are in."
- "My children badger, whine, argue, complain, bicker, and harass each other and me."*
- "My son can't accept no for an answer."
- "I can tell my daughter is in with the wrong crowd at school but I don't know what to do."*
- "I get angry with my kids and explode."
- "My son's grades are dropping and he's struggling in school."*

It's time to get some help. Join an Effective Parenting Support Group

An **Effective Parenting Support Group** is a Christian support group where parents work together to develop biblical, practical strategies to help children change their hearts not just their behavior.

Effective Parenting Support Groups are for parents in crisis and for those who are proactively seeking to prevent future problems by developing strong healthy patterns in family life now.

Effective Parenting Support Groups recognize that both parents and children have a lot to learn. They prepare parents to meet the daily challenges of parenting by providing a place for teaching, sharing, accountability, and encouragement.

Yes! I would like more information...

Your Name

Address

City/State/Zip

Phone (with area code)

Email Address

Yes, I would like to join an existing Effective Parenting Support Group. Please fill out this form and give it to the leader of the group.

Name(s) of parent(s)

Names and ages of children

Turn in this form to the group leader. If you would like to find a group or start one, visit the National Center for Biblical Parenting on the web at www.biblicalparenting.org or call (800) 771-8334.