

# 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**

**E**ffective 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](http://biblicalparenting.org).

# Effective Parenting Support Groups

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**

**A**n **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

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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](http://www.biblicalparenting.org) or call (800) 771-8334.