T = Take Interest

Love Them and Listen to Them
- Children need love the most even at times when they seem to deserve it the least
- Not only should we love our children, but help them feel that love
- A parent’s love should comprise of seven qualities. Each one begins with the letter A
  1. **Attention** = Make the time we spend with them really count in meaningful experiences and good relationships.
  2. **Availability** = Not only should we be present when our kids needs us, but they should feel their welfare and happiness are the most important thing to us.
  3. **Acceptance** = We must not mold our children into what we want but help them and guide them in becoming the best at whatever they do.
  4. **Approval** = Discipline and training should always be positive and not negative. Children thrive on approval and wither with criticism
  5. **Appreciation** = Show and tell your children that they are appreciated often example, “thank you notes”
  6. **Advantages** = Give our children the advantage of making, doing, acting, not just having, watching, and reacting.
  7. **Affection** = Demonstrate love through affection.
- Listen more and talk less
- Listen “between the lines”
- Listening can be entertaining

Teaching Our Children
1. Understand Children
   - Discover their interests, their worries, and what their dreams are.
   - Let them be their own selves
   - Give them experiences so they can discover what interests them
   - Encourage their interests and talents
2. Listen to Children
   - Listen with your heart
   - Ask for their opinions and then listen
   - By communicating and listening to our children we will learn more about them
3. Be kind to Children
   - Tone of your voice can be kind
   - Take time for one child alone
4. Share Your Understanding of the Gospel and your Testimony with Children
   - Sharing your testimony will show your kids you care
   - Talk about the For Strength of Youth and become familiar with it
   - Standards and values will give your children a sense of security

Strengthening Family Ties (See: Ideas on ways to strengthen family ties in each area)
1. Build Trust
2. Family Support
3. Kindness
4. Communication
5. Working Together

References:
www.lds.org search: Teaching Our Children April 1994
http://extension.usu.edu search Strengthening Family Ties
\section*{I = Individuality}

\textbf{Gifts of the spirit}

Spiritual gifts are given as a blessing and benefit for those who love God and keep his commandments.

- What are gifts of the spirit?
- How do we recognize the gifts of the spirit?
- The gift of translation
- How to receive gifts of the spirit
- The gift of discernment
- Cautions
- Use and develop the gifts
- The gift of Charity

\textbf{Helping Children Develop Feelings of Self-Worth}

Young people who develop a strong relationship with God, are better equipped to resist temptation and peer pressure.

- Strengthening the spiritual environment
- Maintaining a strong relationship

\section*{CHILDREN WITH SPECIAL NEEDS}

\textbf{Helping Children Understand Their Siblings with Disabilities}

- Children sometime lack information about a sibling’s disability. By being open and honest with them, they can feel a part of decision-making and understand better the decisions that are being made.
- Helping Siblings Manage

\textbf{Family Fun}

Having a child with a special need impacts the entire family. They require time and attention from Mom and Dad and often siblings can feel slighted. Planning fun times can pull the family back together and provide much need relaxation.

- Backyard Fun
- Movie Night
- Games Galore
- Make a Treat

\textbf{References}

http://www.lds.org/ensign/2002/02/gifts-of-the-spirit?lang=eng&query=every+good+gift+(name%3a"Robert+D.+Hales")
http://www.lds.org/disability/family/siblings?lang=eng&query=helping+children+understand+their+siblings+with+disabilities
http://www.netplaces.com/parenting-kids-with-special-needs
M = Make an Effort

Spend Time with Small Children
1. Play
2. Read
3. Make Crafts
4. Cook
5. Give them creative reign
6. Go on picnics
7. Play games, any game
8. Build a fort, inside or out
9. Play with play dough
10. Be a clown occasionally
11. Pretend Play
12. Building a Story
13. Give your kids the ultimate gift of time

Spending Time with your Teen
1. Make the most of the time of spend together
   o Keep most of your one-on-one time light
   o Don’t drill your teen about behavior and friends each time you are together
   o Find shared interests, find ways to feel comfortable so when it does get heavy, you will really be able to talk
2. Increase your teen’s interest in spending time with you
   o When you teen initiates time with you, try to stop what you are doing for a brief minute
   o Take an interest in what you teen likes and become more informed on these topics
   o When doing a shared activity, sometimes let your teen take the lead, showing you how to do something or telling you his or her point of view

See: Ideas on what you can do together, how you might do it and why it’s a good thing

Benefits from Families Spending Time Together
- Spending time in everyday family leisure activities is associated with greater emotional bonding within the family
- Children in families that participate in religious activities together are more likely to report seeing expressions of love and affection between their parents
- Parents of families in which both the parents and children attend religious services are more likely to know their children’s social networks
- Children’s academic success is associated with having mothers who frequently communicated with them
- Children whose fathers spend time with them doing activities tend to have better academic performance
- Adolescents whose parents are involved in their lives tend to exhibit fewer behavioral problems
- Youth who communicate, do activities and have close relationships with their parents are less likely to engage in violence
- Teens who frequently have dinner with their families are at a lower risk for substance abuse
- Teens whose parents are home with them after school and in the evening are less likely to experience emotional distress

References:
In all of living, have much fun and laughter. Life is to be “enjoyed” not just endured.

Gordon B. Hinckley