



RELATIONSHIP BUILDERS

BE INTENTIONAL

Our lives are busy! We wake up the kids before it's light out, we help their groggy bodies get ready for school, cram a pop-tart down their throat, rush off to school, go to work, come home after a frustrating commute, smash down dinner, roll out to the soccer event, bath, bed, done!

There is this terrible lie that substitutes being together for building relationship. We can spend time together as a family, but this may not always build a relationship. We must as parents be wise with the time that we are given. We must be intentional about every moment, because our time, and the time with our children is a commodity.

PRINCIPLE OF INDIRECT PARENTING

When you spend time with your child, does it feel like they want nothing to do with you? Do they have a wall up before the conversation even starts? You need the help of indirect parenting.

A student's mental and emotional bandwidth is only so big. The key word to middle school life is insecurity. They are afraid of opening up at this age, so they have a natural emotional wall. They want to spend time with you, make memories, and have meaning conversations with you, but they are frightened. I like to find a project that we can focus on together. The project takes all the energy away from the wall, because the remaining energy they will use to talk to you.

Tip: Don't be confrontational! Be conversational!

RELATIONSHIP BUILDER IDEAS

1. Invite them into your hobby (golf, fishing, sewing, baking, etc.)
2. Pick up a new hobby together
3. Sweat Together (Have you tried Fruit Cove Fitness or jogging)
4. Avoid activities without Interaction (movies, reading, etc.)
5. Appetizer hopping (traveling meal from restaurant to restaurant)
6. Hiking, biking, walking, or anything that involves distances
7. Use the family dinner table
8. Buy a ping pong table
9. Bring back game night
10. No electronics at the dinner table
11. Camping Trips
12. Family Devotions
13. WiFi Free Night
14. Mani—Pedi Day
15. Daddy Daughter Date Night

For more resources go to our social media, YouTube Channel, or websites.

fruitcove.com/middleschool

jasonstanland.com/resources

@fbcmsm on Instagram and YouTube