

Parenting Tip

Ten Ways Fathers Model Healthy Man-Woman Relationships for Their Children

By Steven Stosny

Research shows consistently what children know intuitively: Fathers are important.

Children learn how men should behave in relationships by watching their fathers. Even if he does not live with their mother, they are keenly aware of the way he interacts with her.

Most divorce and domestic violence happens to men and women who grew up without a father who was modeling healthy relationship behavior.

Here are 10 tips to help fathers model behavior for the way they want their daughter to be treated in her adult relationships and also the way they want their son to treat the woman he loves.

- 1. Value their mother:** Children value themselves and others more when they feel that their mother and father value one another.
- 2. Perspective-taking:** (seeing things through someone else's eyes): Show your children the importance of respecting the perspectives of people they love, even when they disagree with them.
- 3. Cooperation:** Show how to participate willingly in work, problem-solving, or task-accomplishment.
- 4. Negotiation:** Show your children how to work out solutions to problems that respect one another's perspectives.
- 5. Motivation to improve:** Approach everything, including disagreements, with the attitude of making things better, not worse.
- 6. Compassion:** This gut-level reaction to their mother's pain, discomfort, or anxiety includes sympathy, protectiveness, and willingness to help but not control. It recognizes that their mother is different from their father, with her own temperament, set of experiences, beliefs, values, and preferences.
- 7. Good will:** Learning a positive attitude toward the people they love will greatly improve your children's chances of having good relationships as adults.
- 8. Affection:** Showing affection toward their mother makes children feel more secure.
- 9. Relationship investment:** Successful relationships require that people care about - do good things for - one another.
- 10. Protection:** Loved ones support and protect one another.

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<http://www.psychologytoday.com/blog/anger-in-the-age-entitlement>

Spiritual Tip

(ED. NOTE: This article explains challenges to knowing God as a "Father". Divine Principle teaches that God is "parents", comprising the original infinite masculine and feminine, father and mother attributes. This will also be difficult for many to comprehend and/or accept as the providence moves forward.)

Get to Know God As Father

By Rick Warren

In the thousands of years covered in the Old Testament, God is called "Father" only seven times. People just didn't think of God as Father. They thought of him as other kinds of things — creator, almighty one, etc. But they didn't think of God as Father.

Then Jesus came along and said this is how you're to pray: Call him Father. Jesus uses the expression more than 150 times to refer to God.

"This, then, is how you should pray: Our Father in heaven, hallowed be your name." (Matthew 6:9 NIV)

What he's doing is exploding all the stereotypes. God is not the angry tyrant. God is not the cosmic cop. He is not the universal killjoy. He is not the impersonal force. God is a person, not a power. God is a personal God. He has the ability to have a relationship with us, and he created you with the ability to have a relationship with him.

There's only one problem. For many people, the word "father" is a negative term. The word "father" may bring up all kinds of bad memories. A lot of people say, "Our Father, who art in heaven? If God's like my father, then no thanks, God."

The truth is, human fathers can make home a hell on Earth. Human fathers can be fickle, moody, abusive, controlling, and violent. So the words "our Father in heaven" carry a lot baggage for some people.

The reason why many people never connect with God is because they unconsciously think God is like their earthly father, who may have been unreasonable, so they think God is unreasonable. Or, maybe their father was unreliable, so they think God is unreliable. We impose all those mixed up hurts and emotions onto God, and it's no wonder we have a hard time connecting with him.

Many kids today have very little connection to their father. So why would they be expected to have a connection with their heavenly Father? It's no wonder we don't understand God!

We need to let go of the misconceptions and myths we have about God so we can understand the truth of what God the Father is really like. Because the truth will set you free! Misconceptions keep you disconnected from God. But when you really know him, you're going to love him.

Marriage Tip

Is Your Woman Feeling Moody?

By John Gray

She's up, she's down... she's all around.

Ever wonder why it is that a woman can be laughing and happy one minute and crying and sad the next. How in the world is a guy supposed to know which way is up when it comes to women's moods?

And, what is it that causes this dramatic shift in emotions? Is it his fault? Is it her fault? Did he say too much or not enough? Is she just too sensitive?

Well, here's what's up (and down). A woman is like a wave. Her self-esteem rises and falls in a wave-like motion. When she is feeling really good she will reach a peak, but then suddenly her mood may change, and her wave crashes down.

This crash is temporary. After she reaches bottom suddenly her mood will shift and she will again feel good about herself. Automatically her wave begins to rise back up.

When a woman's wave rises she feels she has an abundance of love to give, but when it falls she feels her inner emptiness

and needs to be filled up with love. But soon after she reaches the bottom, if she feels loved and supported, she will automatically start to feel better.

As suddenly as she may have crashed, she will automatically rise up and again radiate love in her relationships.

A woman's ability to give and receive love in her relationships is generally a reflection of how she is feeling about herself. When her wave hits bottom she is more vulnerable and needs more love.

When a woman is loved by a man, she begins to shine with love and fulfillment. Typically, a man will expect that shine to last forever. But to expect her loving nature to be constant is like expecting the weather never to change and the sun to shine all the time.

Life is filled with rhythms - day turns to night, seasons change - likewise in a relationship, men and women have their own rhythms and cycles.

A man may feel responsible for his partner's sudden mood changes and assume it is based solely upon his behavior. He may feel extremely frustrated and try to make it better. When a man thinks there is something wrong with a woman's tendency

to go up and down with her moods, he may try to "fix it." Unfortunately, this will only make matters worse.

A man may try to prevent a woman from hitting bottom. He may want to rescue her by pulling her up. When a woman is going down she needs to hit bottom before she can come up.

The last thing a woman needs when she is on her way down is someone telling her why she shouldn't be down or upset. She needs someone to listen to her with caring, warmth and empathy.

A woman needs someone to be with her as she goes down, to listen to her while she shares her feelings and to empathize with what she is going through.

Even if a man cannot fully understand why a woman feels overwhelmed or distressed, he can offer his love, attention and support.

Studies have revealed that a woman's self-esteem generally rises and falls in a twenty-one to thirty-five day cycle.

When a woman is on her way up she sees the fullness of her life, while on the way down, she only sees the emptiness.

By understanding how women are like waves, a man realizes

that the recurrence of her neediness and insecurity is natural, inevitable and temporary.

Learning about waves, a man can fully understand and support his partner and give her the love she deserves when she needs it the most.

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