

Parenting Tip

10 Ways For Dad To Make More Time For The Children

From www.allprodad.com

1. Commit to a family mealtime each day.
2. Write your children's activities into your schedule book - in ink!
3. Identify one thing on your weekly schedule you can do without and replace it with kid time.
4. Take one of your children along when you run errands.
5. Volunteer to participate in a regularly scheduled child activity, such as coaching a softball team or helping with a school activity.
6. Identify one children's show on TV that you secretly like to watch and make a point of watching it with your child.
7. Develop an interest in a hobby you and your child can enjoy together.
8. If your work requires that you travel, take one of your children along with you when your business trip can be extended into a long weekend.
9. If your work schedule is flexible, start your work day earlier so you can get home earlier in the afternoon to be with your family.
10. Leave your work, cellular phones and pagers at home when you go on family vacations and outings.

©National Fatherhood Initiative

Link to this list and more:

<http://www.allprodad.com/10waystomaketime.asp>

Spiritual Tip

Choose to Love

by Rick Warren

Today we've bought into this myth that love is uncontrollable, that it just kind of happens to you.

In fact, even the language we use implies that we can't control how we love. We say, "I fell in love" — like it was a ditch! I was just walking along one day and — bam! — I fell in love. I just couldn't help myself. But is that really love?

Attraction and arousal are uncontrollable — no doubt about it. But attraction and arousal are not love. They can lead to love, but they are not love.

Love is a choice.

During a wedding ceremony, a man and a woman stand before each other and say their vows. They say to the other person, "I choose you above everybody else in the world, and I choose you for the rest of my life." They make a public statement of their choice — that's a commitment.

You can't force somebody to fall in love with you, and you can't force him or her to stay in love with you. Why? Because love is a choice. Love cannot be forced. This is true of all relationships, including your relationship with God.

Deuteronomy 30:20 says, "You can make this choice by loving the Lord your God, obeying him, and committing yourself firmly to him" (NLT). You must choose to love God. God isn't going to force you to love him. You can thumb your nose at God and go a totally different way. You can destroy your life if you want to. God won't force you to love him, because love is a choice.

What will you choose to do?

Talk It Over

- Why do you think God made love a choice?
- How do you show someone that you have chosen to love him or her? How do you show God that you have chosen to love Him?
- What about your life shows that you have made a commitment to God to love Him?

Marriage Tip

Differences in Sight Between Men and Women

By Walt Larimore, MD & Barb Larimore from their book, [His Brain, Her Brain: How Divinely Designed Differences Can Strengthen Your Marriage.](#)

Every time my wife and I see a rainbow, we are amazed by God's glorious artistry. It also reminds us of how differently men and women perceive the world.

"Women can see colors and textures that men cannot see. They hear things men cannot hear, and they smell things men cannot smell." Leonard Sax, MD, PhD

When I look at a rainbow, I see only seven colors (just like Isaac Newton did - red, orange, yellow, green, blue, indigo, and violet). However, Barb usually sees eight or nine colors in the rainbow.

And when looking for paint colors for our bedroom, Barb considered a variety of greens - emerald, jade, verdant, olive, lime, and thirty-four other shades. I can look at the same colors and see only lighter and darker shades of green. I can see absolutely no difference between soft green and lily pad green... none! But for women, who have what researchers call "tetrachromacy,"

the difference in colors is glaring. Tetrachromat females can segment a rainbow into, on average, ten different colors.

There are biological reasons for these differences. The retina receives light input and transfers it, via the optic nerve, to the brain. Rod-shaped cells (rods) on the retina are photoreceptors for black and white, while cone-shaped cells (cones) handle color. Women have a greater proportion of cones than men. So women can see colors better than men. No wonder many men tend to mismatch their shirts, ties, and socks!

Studies reveal that infant boys take in less sensory detail than infant girls. One study in England, looking at only two-to-four day-old infants, found that girls spent almost twice as long as boys in maintaining eye contact with an adult, whether the adult was silent or talking. Baby girls also observe and follow the eyes of an adult more often than baby boys and make more eye contact than boys.

But like every difference in the way males and females are designed, there are positives and negatives - strong spots and blind spots. Take night driving for example. A man's eyes are better designed for long-distance vision over a narrower field of vision - especially at night. Combined with his right-brained spatial ability,

this allows a man to recognize and identify oncoming traffic much more quickly than a woman.

We men do see better than women in bright light, but we tend to see in a narrower field. In other words, we have what researchers call "mild tunnel vision-with greater concentration on depth."

This may be one reason that when it comes to child pedestrians who are killed or injured, boys outnumber girls by two to one. It's not just because boys are willing to take more risks (which they certainly do), but because they have poorer peripheral vision than girls. A female's wider peripheral vision allows her to quite literally take in the bigger picture. This eye design may also explain why female drivers are less likely to be hit from the side at an intersection when compared to male drivers.

This design difference in the male-female eye also explains what happened one night when I was looking for an item in the bathroom. Barb had cleaned up the bathroom, and I was certain she had hidden an item from me. It was nowhere to be seen. I called to Barb, wanting to know where she had hidden it.

Miffed at my blindness, she marched into the bathroom and then, like magic, she grabbed the item from the top of the vanity - right where I had left it!

Early in our marriage, I was convinced Barb could do magic - producing the items I was searching for apparently out of thin air - whether in the refrigerator, my desk, or my workbench. Shazam! Presto! Screwdrivers, dental floss, a stick of butter, car keys, wallets - through the years they've always been there. I just can't see them and Barb can.

With her better peripheral and color vision, she can see the entire contents of the refrigerator without moving her head. With my tunnel vision, I have to move my head or eyes up and down and all around to locate a missing object.

Male-female brain differences in perceiving are not limited to sight but occur in how we hear, feel, smell, and taste. If we expect our spouse to have our senses, we are in for a rude awakening.

(To be continued)

**Compliments of the District 1
Marriage and Family Ministry,
FFWPU**

For more:

Marriage Tips, Resources, or copies of
these Sunday Inserts visit:

www.TheMarriageLibrary.com

Archives: username: Member
password: 20112011