



# Partnering with ACA Through Wise Parenting

At Augustine Classical Academy, we believe that partnering with parents means having similar child-rearing values based in scripture. Parenting practices at home will affect classroom behavior, and vice-versa. For the sake of educating the whole child in submission to God's word and for his glory, we encourage parents to consider these parenting practices.

## Wise Parenting Practices

**Give your kids plenty of time and attention.** Prioritize quantity time before quality time.

**Give your kids lots of physical affection and encouragement.** Children need to be frequently hugged, kissed, and encouraged all through their childhood, but particularly early on.

**Follow through quickly with consequences.** If there is no consequence for poor behavior, poor behavior generally increases. Find consequences you know that you can enforce, and stick with them every time.

**Reward your kids for good behavior.** Set clear positive goals and expectations for your kids, then reward achievement. Small tangible gifts, physical affection, and encouraging words are good ways to do this.

**Talk to your kids.** Share stories, conversations, opinions, and teaching opportunities with them. Let them see you're interested in what they think.

**Encourage diligence.** Provide appropriate space for efficient task completion. Particularly in younger children, use regular one-on-one guidance to foster energy and follow-through.

**Encourage free activities that promote rest and rejuvenation.** Physical activity, social events, community service, free reading, creative play, and board games are examples of healthy activities that rest the brain or body.

**Feed your kids healthy foods.** Grains, veggies, and fruits promote calm, vigorous, healthy bodies.

**Limit screen time.** Brain development, attention span, imagination development, and academic success have often been linked to limited amounts of screen time. Have a plan for your kids, and follow through with it.

**Encourage lots of sleep.** Establish habits in your children for getting plenty of sleep each night.

## Habits to Avoid in the Home

**Avoid giving rules without following through on them.** This trains kids not to listen or to obey, and it tells them that you don't mean what you say.

**Avoid giving consequences for only a brief period of time.** Consequences take time to stick. Aim for calm and consistent follow-through over months and years, even if results don't immediately occur.

**Avoid disciplining in anger.** Discipline and consequences should always be an expression of love.

**Avoid disciplining without explanation or love.** This will foster a dynamic of resentment, where discipline is a cold or impersonal transaction.

**Avoid bribing your kids.** Bribery, such as a treat if the child agrees to stop screaming, solves the momentary difficulty but compounds the overall problem. Bribery encourages the same poor behavior in the future as rewards become associated with it.

**Avoid free activities that may increase restlessness, boredom, brain fog, and unhealthy fatigue.** Excessive screen time, video games, exposure to certain musical genres, and late nights are examples of potentially unhealthy activities that do not rest or rejuvenate the brain or body.

**Avoid allowing unlimited screen time.** Consider situations where your children might be unsupervised in their screen time, particularly in the evenings, where they are at higher risk of exposure to inappropriate content. Unlimited screen time has also been shown to be detrimental to attention span, imagination development, and academic success.

**Avoid feeding your kids unhealthy foods high in sugar.** An unhealthy diet over time may be problematic for physical health, focus, obedience, and good sleep habits.

## Helpful Resources

*Shepherding a Child's Heart* by Tedd Tripp

*Parenting: 14 Gospel Principles That Can Radically Change Your Family* by Paul Tripp

*Equipping for Life: A Guide for New, Aspiring, and Struggling Parents* by Andreas and Margaret Kostenberger

*Loving the Little Years* by Rachel Jankovic

## Related Scriptures

**Anger:** Proverbs 14:29, 15:1, 16:32, 29:11; James 1:19-20; Ecclesiastes 7:9; Ephesians 4:31

**Confessing sin:** Proverbs 28:13; 1 John 1:9

**Discipline:** Proverbs 13:24, 23:13-14, 29:15, 29:17; Ephesians 6:1-4

**Envy / Jealousy:** Proverbs 14:30; James 3:16

**Laziness:** Proverbs 12:24, 22:29; 2 Thessalonians 3:10

**Lying:** Colossians 3:9-10; Proverbs 12:19

**Stealing:** Exodus 20:15; Ephesians 4:28; Proverbs 12:22

**Tattling:** Leviticus 19:16; Proverbs 17:9; James 4:11; Titus 3:2

**Whining:** Philippians 2:14; 1 Thessalonians 5:17