the Parent LINK

Children's Ministry Edition

February 2012

The Wilmington United Methodist Church
50 E Locust St
Wilmington, OH 45177

POWERSOURCE

ASK GOD:

1. To protect your children from harmful messages about physical attributes.
2. To help your children view themselves as God's creation.
3. To heal any body-image struggles you've been facing.

Promote Positive Body Image

The topic of body image is usually associated with teenagers, but it's becoming an issue for younger children now, too. Media and advertising, toys, and peer pressure are among the many factors that make kids question their appearance and build.

But what's said and seen at home matters, too. Often parents inadvertently contribute to their child's body-image issues with their comments or through their own weight issues. A parent's focus on body image can make a child think his or her value is based solely on appearance. Here are tips for promoting healthy body image in your children:

- Emphasize that God created our bodies, which he calls "the temple of the Holy Spirit" (1 Corinthians 6:19).
- Model healthy eating. Show children how to make wise food choices, and don't require them to always clean their plates.
- Accept yourself. Resist an obsession with calories and pounds.

INSIGHTS

- 80% of girls in third- through sixth-grade report displeasure with their bodies. Young girls say they're more afraid of becoming fat than they are of cancer, nuclear war, or losing their parents.
  (U.S. Dept. of Health & Human Services)
- 36% of third-grade boys have tried to lose weight, and "muscle dysmorphia," an obsession with body size and shape, is on the rise among young males.
  (Time)

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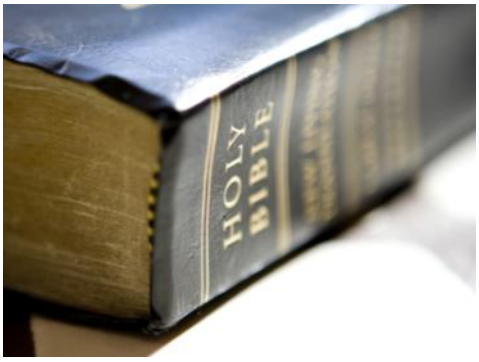

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.
(Psalm 139:14 NIV)

Everything God created is good, including our amazing bodies. One of the many things we can do with our bodies is praise God for caring for us physically.

TEACHABLE MOMENTS

1. Turn to the Book—Read and discuss Bible passages about beauty (see 1 Samuel 16:7; Proverbs 31:30; 1 Peter 3:3-4) and strength (see Isaiah 41:10; Ephesians 6:10-11; Philippians 4:13; 1 Timothy 4:8).

2. Branch Out—Encourage children to try new things. These experiences help affirm kids' bodies in unexpected ways. Also look for activities that diversify children's experiences, fortify their emotional strength, develop their talents and interests, and widen their circle of peers and mentors. Your church or children's ministry is a good place to start.

3. Unique Creations—Make clay sculptures of things that are important to each of you. Then talk about why you cherish and care for that item. Remind children that God cherishes and cares for us—and wants us to do the same with our bodies.

Chat with your children about body image by using these discussion starters:

1. Why did God give us bodies? What are some special things you can do with your body?
2. What does God want us to do with our bodies? How does he want us to take care of them?
3. What are some ways we can be kind to our bodies—and to other people's bodies?

FAMILY EXPERIENCE

Try these activities to celebrate God's gift of our bodies. The first works well with younger children, and the second works well with preteens.

• **Hopping-Popping Bodies—**Help children draw a gingerbread-cookie-type person and then draw arrows from different parts of the body to the outer rim of the paper. From the head, help children write words that describe what they like to learn about. From the hands, write things they like to do. From the feet, places they like to go. From the stomach, things they like to eat, and so on.

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Read aloud Psalm 139:14 and use your bodies to express the information on the papers. Have children act like kernels of popcorn. Have family members "burst" open with their answers as you mention each body part. For example, say: "We thank God for our minds to think about...." After everyone has popped up and shared an answer, move on to the next body part.

• **Wonderfully Made—**Remind older kids of how wonderfully God has made them. Read aloud Psalm 139:14. Discuss messages that today's society communicates about beauty and body image. Then describe what God sees in each person. Together, create a poster that communicates either Psalm 139:14 or our worth and image in Christ. Hang the poster near a mirror as a reminder of how much God values each of us.

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MEDIA MADNESS

MOVIES

Movie: *Big Miracle*

Genre: Drama, Romance

Rating: PG (for language)

Cast: Drew Barrymore, John Krasinski, Kristen Bell

Synopsis: This film is based on the 1989 book *Freeing the Whales.* An Alaskan reporter and a Greenpeace volunteer work to save a family of gray whales trapped in ice in the Arctic Circle.

Our Take: Nature lovers and fans of *Dolphin Tale* will likely enjoy this movie. It can spark discussion about people's responsibilities to care for God's creation.

MUSIC

Artist: Kari Jobe

Album: *Where I Find You*

Artist Info: Jobe, a 30-year-old worship leader in Texas, knew her career path by age 10. Her self-titled debut album from 2009 was accompanied by a Spanish-language version, *Le Canto.*

Summary: Jobe uses music to bring people to Jesus, where they find peace, life, and healing. In her hit single "We Are," she reminds Christians that we "impact people's lives in everything we do."

Our Take: Jobe's voice and message shine in her pop tunes and acoustic ballads.

GAMES

Title	Content	Rating & Platform
National Geographic Challenge	Players can brush up on geography, science, and history as they answer questions and complete puzzles. Best for kids ages 8 and up.	E; Xbox 360, Wii, PS3
YourSphere	This kids-only social-networking site offers blogging, games, social interaction, and more. Parents can view all their children's online activity.	YourSphere.com is appropriate for preteens.
iSock	A sock puppet's mouth mimics your speech as you talk. Young children—and their parents—will have fun being creative with this app.	Requires a smart phone with sound; 99 cents at iTunes.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our prayer is that you'll make informed decisions about what your children watch, listen to, and wear.

CULTURE & TRENDS

• More new moms are getting inked to honor their offspring. Mothers say tattoos bearing their children's names leave little room for regret, unlike other types of tattoos. Tats also remind moms they're still "cool," even though they're parents. (babycenter.com)

• Last year at ClubPenguin.com, children adopted more than 25 million Puffles, or virtual pets. The *Club Penguin Times* is read as much as *The New York Times.* (Mashable.com)

QUICK STATS

- • One-quarter of America's 16 million Latino children live in poverty. pewhispanic.org)
- • 80% of a person's brain develops by age 3. The intellectual, social, and spiritual information you instill early on sets an important foundation. (firststeps.us)
- 52% of families have been members of their current church for 10 years or more. *(Children's Ministry)*

February 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wilmington UMC 61 E. Main St., #4 Wilmington, OH 45177 937-382-1465 Fax: 937-382-4149	Email: wilmingtonumc @cinci.rr.com Website: www. wilmingtonumc.com		1 12 PM - YFKids 12:15 PM - Preschool 6:15 PM – Power of Prayer, sanc. 7 PM - Choir	2 1 PM – Craft Club 7 PM – Trustees,CR	3 	4 8 AM – Emmaus Team, gym
5 **HOLY COMMUNION** 8:45 & 10:45 Worship 9:45 Sunday School 12 PM – Jr. Youth Lunch & Games	6 6PM – Scouts 7 PM – Education Commission, parlor	7 9:30 & 12:15 Preschool	8 12 PM - YFKids 12:15 PM - Preschool 7PM - Choir	9 9:30 & 12:15 Preschool 7 PM– GS Leaders, FH	10 6:30 PM – Gamin' Gals, FH	11 8 AM – Emmaus Team, gym 8:30 AM – Men's Valentine Breakfast 10 AM – Book Club
12 **Boy Scout Sunday** 8:45 & 10:45 Worship 9:45 Sunday School **12PM – Youth Sweets N Treats Lunch & Auction**	13 12 PM – Garden Club, FH 6PM – Scouts	14 **HAPPY VALENTINE'S DAY** **God loves you** 9:30 & 12:15 Preschool 6 PM – Finance, CR 7 PM - Emmaus	15 12 PM - YFKids 12:15 PM - Preschool 6:15 PM – Power of Prayer, sanc. 7 PM - Choir	16 9:30 & 12:15 Preschool 12PM – UMW Bd. 1 PM – UMW Meeting, FH	17 6:30 PM – Church Family Movie Nite: *Herbie the Love Bug*	18 8 AM – Emmaus Team, gym 9 AM – 4 PM Girl Scout Event, FH
19 8:45 & 10:45 Worship 9:45 Sunday School 2012 Lenten Devotional Booklets distribution 12 PM – Family Snow Tubing Outing	20 **President's Day** 5 PM - Newsletter Deadline	21 9:30 & 12:15 Preschool 12:30 PM – Lunch Bunch at McD's	22 **ASH WEDNESDAY** 11AM -1:30 PM Lenten Lunch, FH 12-1 PM – Ashes & Meditation, sanc. 12 PM - YFKids 12:15 PM - Preschool 7 PM - Choir	23 9:30 & 12:15 Preschool Men's Walk to Emmaus #54	24 Men's Walk to Emmaus #54	25 Men's Walk to Emmaus #54
26 8:45 & 10:45 Worship 9:45 Sunday School Men's Walk to Emmaus #54	27 6PM – Scouts	28 9:30 & 12:15 Preschool 6:30 PM – Flicker Chicks, FH: *Soul Surfer*	29 12 PM - YFKids 12:15 PM - Preschool 11AM -1:30 PM Lenten Lunch, FH 7 PM - Choir			