

Growing Families: Nurturing Children Video Series Review

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Video #1

- Parent focused on the long game and the process of parenting rather than short-term results.
- When your kids misbehave and you feel overwhelmed by it, focus on these four steps:
 - Take and deep breath and pray.
 - Draw closer to your child.
 - Empathize with their feelings.
 - Set and HOLD the limit firmly, but with compassion.



Video #2

- Parent leading with your values.
- Values are the qualities we want to embody and the principles we want to live by.
- Values are a direction, not a destination.
- Focusing on values creates meaning and purpose in family life, and helps from getting caught up in just the daily grind.
- We choose values freely because they fit us naturally, not forced from outside forces.



Video #3

- Understanding Temperament helps us understand better how we and our children respond and self regulate in our environments.
- Temperament Dimensions:
 - Novelty Seeking, Harm Avoidance, Reward Dependence, and Persistence.
- Character Dimensions:
 - Self-directedness, Cooperativeness, Self-transcendence.
- Temperaments are biological and tend to be consistent across time. We focus on character development to help our children compensate for temperament impulses.
- Cultivating virtues cultivates character development.
- Virtues are values.



Video #4

- Psychological Flexibility = ability to adapt to stress with openness, awareness and focused action.
- Psychological Flexibility is a key ingredient to building resilience, which is the ability to bounce back after adversity.
- 3 steps to Psychological Flexibility:
 - Open Up to accepting pain as part of the experience.
 - Be Present in today rather than the past or future.
 - Do What Matters: Our actions aligned with values.



Video #5

- We are raising future citizens of heaven.
- Parenting is about the formation of eternal beings, both us and our kids.
- Parenting is a sanctification process, both for us and our kids.
- Aligning with our values points us in the direction of sanctification.
 - Bringing the values and virtues of the Kingdom of God into the home, such as patience, kindness, gentleness, and love.
 - Encouraging repentance and forgiveness within the family when conflicts arise, mirroring the Church's teachings.
 - Engaging in prayer and spiritual practices as a family in the home, making it a normal part of daily life.
 - Discussing and applying the lessons from the lives of the Saints, the Gospels, and the Church's teachings to everyday situations.
- Strengthening psychological flexibility keep us moving toward sanctification.
 - Framing daily struggles and challenges in terms of the spiritual journey of acquiring the Holy Spirit.
- Enjoy the journey, warts and all :) because it is the path God gave us to travel toward Him.