Dear Parents,

More than likely I don’t need to define rebellion to you. You’ve seen it with your own eyes, but for the sake of us being on the same page, here you go: ‘*Rebellion is resistance and/or defiance to authority*’. As parents we all see our children rebel at some level because, in the end, they’re created to be their own individual. When we place restraints on them, they push back.

Rebellion looks vastly different as your child ages. In the preschool years you may experience the tantrum, crying, and pouting when you put boundaries around them. During the school age years rebellion looks differently. It takes the form of disobedience (not doing what you’ve told them to do or doing it, but very slowly) or arguing. This month we want to help you tackle dealing with a rebellious child. Check out the video below that will guide you through loving discipline that corrects rebellion:

<https://vimeo.com/parentministry/review/125561291/cbd793ad74>

In the world of psychology there exists a law called the Law of Reinforcement: Behavior which achieves desirable consequences will recur. I think we’d all agree that rebellious behavior is NOT something that we want to occur in our children, so we have to begin with the question,” Is there a desirable consequence my child receives when he disobeys? Is there a reward for their rebellion that leads them to continue rebelling?”

In James Dobson’s book, Dare to Discipline, he says, “If you can’t make a five-year-old pick up his toys, it is unlikely you will exercise much control during his most defiant time of life.” However, it’s been proven that harsh, unloving and critical parenting can drive a child to rebellion. So how do we walk the fine line of making our child do what they should without ruling with an iron fist? The answer lies in how the Lord disciplines us. Take the time to ask yourself how the Lord has disciplined you. Has he been patient? Has he been forgiving? At times has he allowed you to suffer the consequences of your sin? Hebrews 12:10-11 says God’s point in discipline is holiness. So shall our discipline be for our children. “*For they disciplined us for a short time as it seemed best to them, but He disciplines us for our good, that we may share His holiness. For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it*.”

As you handle defiance and rebellion in your child, here are a few quick reminders:

1) Be decisive. Land on a consequence and enact it. Don’t threaten consequences and not follow through.

2) Give them the appropriate amount of power. It’s OK to decide what clothes to wear as long as they’re acceptable to school, and you don’t get sick wearing shorts in the snow. (See our past class on CHOICES).

3) Be patient and consistent. (This ties in with #1).

4) Figure out the root of rebellion, the why behind the behavior.

5) Keeping your cool is just as important as consistency.

6) Remember, you are not alone. Please feel free to reach out to us with questions, or for more info/resources. We are here to help you! c

Building Young Disciples,

Pastor Sarah