



FAMILY MINISTRIES

Seventh-day Adventist Church
NORTH AMERICAN DIVISION

Thriving Families of Hope and Wholeness Drs. Claudio and Pamela Consuegra

1. _____ and emotional competence: The ability to manage and control _____ and _____.

Proverbs 13:20 (CEV)
Proverbs 22:24-25 (CEV)
Colossians 3:20-21 (NKJV)

- creating an environment in which children feel _____ to express their emotions
- talking with one's child to _____ vocabulary development and language learning
- setting clear expectations and _____
- encouraging and reinforcing _____ skills such as greeting others and taking turns
- creating opportunities for children to _____ problems

It is also important for a parent to act appropriately themselves, as an example to their children. For instance:

- using _____ words and language skills
- communicating _____ effectively

2. _____ connections: The ability to connect and interact with others.

Genesis 2:18 (NKJV)
Ephesians 3:17-19 (ISV)

How do we apply this factor in our homes?

- Having friends, family members, neighbors and others who:
 - provide _____ support
 - provide _____ support/concrete assistance
 - provide _____ support
 - reduce feelings of _____

3. _____ support: The ability to provide basic needs like food, clothing, housing, transportation, and access to health care.

1 Timothy 5:8 (NKJV)
1 Thessalonians 5:11 ESV
Galatians 6:2 ESV
1 Peter 4:8-10 ESV

- being able to identify, find and receive the _____ necessities everyone deserves in order to grow, as well as _____ medical, mental health, social, educational or legal services
- gaining knowledge of _____ services
- seeking _____ when needed
- having financial security to cover _____ needs and unexpected costs

4. _____ **of parenting and child development:** The ability and willingness to learn how to parent well and support your child's development.

Proverbs 22:6 ESV

Luke 2:40 ESV

Deuteronomy 6:4-7 (NKJV)

How can parents learn how to be the best parents their children can have?

- being attuned and emotionally available to one's _____
- being _____, responsive and reliable
- providing regular, predictable and consistent _____
- providing a physically and emotionally _____ environment for one's child
- providing opportunities for one's child to explore and to _____ by doing

5. _____. The ability to have healthy coping skills for the stresses you may encounter as a parent or in crisis.

Matthew 7:24-25 (NKJV)

Resilience Related to General Life Stressors

- having _____
- _____ general life problems
- having a positive attitude about _____ in general
- _____ anger, anxiety, sadness, feelings of loneliness and other negative feelings
- seeking _____ for self when needed

Joshua 1:9 ESV

Isaiah 41:10 ESV

Ephesians 6:10 ESV

2 Timothy 1:7 ESV

Philippians 4:13 ESV

Romans 8:37 ESV