

WHY MAKE TIME FOR YOUR CHILDREN?

Making time to talk, listen and enjoy your kids is always important, no matter what age they are. With all the hormone changes and identity questions your preteens are experiencing, it is especially important to find time to interact with them now even though finding time is difficult. Not making that time can have consequences that most of us cannot afford. Suppose you are always too busy to demonstrate intimacy in the home. It doesn't really take much time to give a hug, squeeze a hand, ruffle the hair or say you care. When kids are this age, they seek physical closeness and intimacy. If you don't give it, they will look elsewhere, and may become involved in unsafe friendships or sexual relationships. Suppose you give your kids material things to make up for the time you can't spend with. What effect does this have on their values? Will they understand that we must earn the things we want? Will they have unrealistic expectations about adult life, jobs and living expenses? Will they feel that material possessions are the most important things in life? Fewer gifts and more of you is a better trade off. If you say you are too busy to tell your kids what your values are, or too busy to say that you do not approve of drugs or drinking, they will likely assume that whatever they do is okay. The bottom line is that if you want your kids to grow up capable of making it in this risk-filled world, there is no choice. You must find ways to make time for them, helping them learn your family values and learn to make choices in their best long-term interest. That is much too valuable to be ignored.

VOCABULARIES:

Hormone: A substance, usually a peptide or steroid, produced by one tissue and conveyed by the bloodstream to another to effect physiological activity, such as growth or metabolism.

Consequences: Something that logically or naturally follows from an action or condition

Intimacy: close or warm friendship;

THINK AND TALK

1. If you were a parent, how will you spend quality time with your children?
2. How will you maintain closeness and intimacy with your kids?
3. In your own opinion its ok for you to discuss SEX with your children.