



BUILD THE PLAN, WORK THE PLAN!

When it comes to technology, as parents we sometimes feel our 5th graders know more about the latest app or social media site than we do. The truth is, by the time children are ready for middle school, they will have been exposed to and saturated with so much technology that they may in fact know more than we do, and that's a scary thing.

A few months ago, **Victory at HOME** briefly touched on the issue of technology. In this month's newsletter, we will go deeper, giving you some concrete ways to stay in tune with your child's technology knowledge, and strategies to lead the way in your home as you establish proper boundaries and open lines of communication. It's been said that *"if you fail to plan, you can plan on failing"*. We want you to win at this, so let's build a plan!

Make your own family media usage plan. Media should work for you and within your



family values and parenting style. Using technology and media appropriately can make your life easier and enriching. But when used in an irresponsible fashion or without thinking about the potential negative impact they have, media and technology can displace many important activities like face-to-face interaction, family time, focused church attendance, exercise,

unplugged downtime and uninterrupted sleep. For more information on how to set up a family media plan, check out healthy-children.org and search for **"Family Media Use Plan"**.

Set limits and encourage playtime. Media use, like anything else, should be done in moderation. When our children unplug from media, they have an opportunity to be creative in new unstructured ways. This should be a priority, as too much screen time can lead to sleep problems and childhood weight issues.



The danger of the "digital babysitter."

God created us to be in relationship with each other. That means face-to-face interaction as often as possible. Sure it's convenient to put a tablet or smartphone in front of your children to keep them busy, but this should never replace your God-given mandate of one-on-one, physical communication and training your children. Careful pre-planning will show your kids loving intentionality at every age.

Silence is golden. When not in use, turn off the television and other connected devices. Background noise serves as a distraction and can disrupt interaction with your children or playtime with siblings and friends. It's also a great idea to make sure that your mealtimes, as well as bedrooms, are "tech-free".



Do your research. According to a recent study by the Association of Psychological Science, over 80,000 apps have been declared educational, with little evidence to support their claims. Regardless, parents are buying into the branding of "educational apps" at an alarming rate. Seventy-two percent of the most popular educational apps available through the App Store are geared toward toddlers and preschoolers. Before you buy or download any "educationally interactive" app, head over to **Common Sense Media** (commonsensemedia.org). It is full of media/tech/movie reviews, and will guide you in making good choices for your family.

Don't cave in. In 2016, the average age children received their first cell phone was 10 years-old. This downward age trend will continue as media marketing gets more aggressive toward our kids. Remember, media and technology are tools to serve us — not the other way around. Concrete boundaries communicated often and in love, with follow-through when they are violated, will tell your family how much you care for them. God has called us to be the "doorkeepers" of our households. Victory at HOME is here to help equip you with encouragement, strategies and resources so you and your family can overcome this ever-changing technological landscape. Remember, build the plan, work the plan and have Victory at HOME!

GOD MADE EVERYTHING

NURSERY & PRESCHOOL

WEEK 1

GOD CREATED THE WORLD - GENESIS 1:1-8

READ Genesis 1:1-8 This week in VicKids your child learns that God created light, the heavens and the sky. Use the following ideas to involve your child in family time and learning opportunities, reinforcing simple biblical themes.

EXPLORE TOGETHER This week your child learns that God made everything. Draw or paint with your child, and then use his or her artwork as a launching point for discussion. Ask him or her to tell you about the picture. Ask about the different colors he or she chose for the artwork. Use his or her answers to transition into a conversation about God's creation of the world. Discuss how God had a plan for His creation. He carefully and thoughtfully created everything in a specific order. This month intentionally point out God's creation and use these moments to remind your child that God created everything.

Pray with your child, and thank God for the many things He has created.

WEEK 2

GOD CREATED THE SEAS, LAND, SUN, MOON & STARS - GENESIS 1:1-8

READ Genesis 1:1-8 This week in VicKids your child learns that God separated the land from the seas on day three, and that He covered the land with trees, grass, plants and flowers. On the fourth day, He created the sun, moon and stars. Use the following ideas to involve your child in family time and learning opportunities, reinforcing simple biblical themes.

EXPLORE TOGETHER Remind your child that the sun he or she sees in the sky is the very same sun God made on the fourth day. Explain that the sun rises in the east and sets in the west every day. Talk about the moon and the stars. Read a book about the different phases of the moon. Remind your child this moon is the very same one God made on the fourth day. Talk about the number of stars in the sky. Ask your child simple questions to review God's creations. Who made the sun? Who made the moon? Who made the stars?

Prayerfully take a walk with your child outside. Ask him/her to name as many things as they can that God created.

WEEK 3

GOD CREATED THE FISH AND BIRDS - GENESIS 1:20-23

READ Genesis 1:20-23 This week in VicKids your child learns that on the fifth day God made creatures that live in the water and birds that fly in the sky. Use the following ideas to involve your child in family time and learning opportunities, reinforcing simple biblical themes.

EXPLORE TOGETHER Take a field trip with your child to your local pet store. In the fish section, talk with an employee about the different kinds of fish they have. Ask your child to point out the different colors and sizes of the fish. Observe the birds in the pet store, and ask your child to comment on the different characteristics of birds and what they have in common. Take a walk outside to see how many different birds you can identify. If possible, take binoculars so you can have a closer look at them. Listen to the different sounds they make. For extra connection time, take a field trip to the library and look at books that show the many varieties of fish and birds from around the world and from here in Georgia.

Pray with your child, and thank God for making a wonderful variety of sea creatures and birds.

WEEK 4

GOD CREATED ANIMALS AND MAN - GENESIS 1:1-2:3

READ Genesis 1:1-2:3 This week in VicKids your child learns that God made animals and people on the sixth day. On the seventh day, after God made everything, He rested. Use the following ideas to involve your child in family time and learning opportunities, reinforcing simple biblical themes.

EXPLORE TOGETHER Ask your child what his or her favorite animal is. Look up information about it on the Internet or at your local library. Talk about the many animals you don't see very often. Remind your child that each animal is important because God made it. Pick a few animals you normally don't think about, and thank God for them. Use Play-Doh to create animals and people, reminding your child that God made everything.

Pray with your child, thanking God for everything He has done throughout the week. Thank God for creating you, your child, and all the people in the world. Ask Him to help you tell other people that He loves them.

GOD CREATED EVERYTHING

ELEMENTARY

GOD CREATED THE WORLD - *Genesis 1:1-2:3*

WEEK 1

READ Genesis 1:1-2:3 Today your student learns about how God made everything! They will learn about all of the days of creation and what God made on each day! The creation story is an awesome story that explains how and why God created the things on this earth! He had purpose for every single thing that He made, and He delighted in every single thing that He created. From large to small, God made everything!

EXPLORE TOGETHER Spend some time outside! How many varieties of insects do you see? Talk about the trees, grass, and plants that grow in your region. Discuss what types of animals live in the park and how God provides shelter and food for them. Later, choose something from God's creation (animal, insect, sea creature, plant, etc.) and use the Internet to learn more about it. Discover fun facts about a specific animal or how some plants only grow in specific areas.

Pray that your family will learn to appreciate the beauty and wonder of God's creation!

GOD CREATED MAN AND WOMAN - *Genesis 2:4-*

WEEK 2

READ Genesis 2:4-25 Today your student learns about how the first man and woman were created! God didn't just create them randomly. He had purpose for them. Your children will go deeper and learn how God created Adam and Eve, and how they were created in His own image! They will look at what it really means to be created in the image of God.

EXPLORE TOGETHER You are made in the image of God! You are to be like Him in your thoughts, actions, and words. That's not always easy to do. Try this activity to help your family better understand what that means. Draw a heart on a piece of paper and write inside the heart "in His image." Have a family member try to trace your drawing by only looking at the image through a mirror. Give the family member a different colored pencil, and instruct him or her to only view the drawing with the mirror and not by looking at the paper. Then give the family member a different colored pencil, and allow him or her to look at the paper to copy your drawing. Just as it was easier to copy the image when looking at it, living a life in God's image is easier when we study the Bible.

Pray that your family will know that they are made in the image of God, and that they are fearfully and wonderfully made.

SIN ENTERED THE WORLD - *Genesis 3:1-13*

WEEK 3

READ Genesis 3:1-13 Today your student learns about how certain actions come with consequences. They will learn how Adam and Eve made choices that were not in line with God's plan for them. Those choices impacted the future generations of mankind! Your student will learn how important it is to listen to God and to follow His plan for his or her life. They will also learn that sin does not just impact his or her own life, but it also impacts the lives of other people.

EXPLORE TOGETHER God saw that the world needed help, and He sent Jesus to save it. God gave His Son so that one of these days you can have a perfect day in Heaven. Until then, you are to put your happiness in Him and rely on His love to get you through the imperfect days. Gather your family together and decide what an almost perfect family day might look like. Choose a day on the calendar to try to make that day happen!

Pray with your child, and ask for wisdom to make good choices that please God and wisdom to turn away from choices that will not please God.

LIFE AFTER THE FALL - *Genesis 4*

WEEK 4

READ Genesis 4 Today your student learns about what life was like for Adam and Eve after they sinned and fell from the grace of God. God created an amazing and beautiful world for Adam and Eve. Their sin impacted every single aspect of their lives — relationally, physically and spiritually. Adam and Eve had to live with the choices they made. Your student will learn ways to obey and grow closer to God, and how to go deeper into his or her relationship with Him.

EXPLORE TOGETHER Take some time during dinner to have a family discussion with these questions that are provided!

1. If Adam and Eve hadn't eaten the fruit, do you think their child, Cain, would have had so much hate in his heart?
2. Do you think Eve would have eaten the fruit if she had known all that it would lead to?
3. Do your bad choices ever go further than you mean for them to?

Pray that your family will understand the importance of always giving back to God while following His plan for their lives.

CONNECTING AT HOME

victoryathome.com

Online Resources

Helping you be the “doorkeeper”

Check out these resources to help build your plan as the “doorkeeper” of your home.

Content Filters (most electronic devices)

- opendns.com - **Family Shield** - free internet filtering software for your home WiFi router and most Internet connected devices. Easy to set up with pre-selected content settings that can be customized.
- **Contentwatch NetNanny 7.0** - netnanny.com
Offers parental control software for Android, Mac and Windows
- **Qustodio - “think custodian”** - Mac OS X, Android, Windows, iOS, Kindle and Nook. Understand, manage and protect your family and their devices.

Apple (iOS) - iPhone & iPad

- **Parent Controls** - also known as **Restrictions**. A quick Google search will tell you what you need to know and how to configure each device you have connected to your home network.

Android - varies

- **Android users will know this....** There are literally hundreds of variations of the Android operating system. Depending on who your carrier is and what type of phone you have, your ability to secure your device for your family will be dependent on the phone. Check the links in our **Additional Resources** section for detailed information on how to configure your flavor of Android.

Windows 10

- **Family Safety account** - Just like Mac OS X and iOS, the parental controls for Windows are built directly into the operating system. This takes a little more time than Mac, but there are a variety of benefits that come with this system.

Follow us on:



RESOURCE OF THE MONTH

Tech Savvy Parenting

by Brian Housman

techsavvyparenting.com

PARENT PERSPECTIVE

The footsteps a child follows are most likely to be the ones his parents thought they covered up.

Stay real and stay honest with your kids!

The Family Win

Do you have a cool story about what God is doing in your family? Is your child growing in his or her spirituality? Are you growing closer to God and each other? We would love to hear about that!

An inspiring word from you goes a long way and will encourage others!

Email us your story: familywin@victoryatl.com

Victory at HOME Family Mission Trip 2018

July 13-20, 2018

Cuernavaca, Mexico

Contact Missions Dept for more info!

770-849-9400 ext 111

Additional Resources

victoryathome.com/septresources

MONTHLY MEMORY VERSE

“For through him God created everything in the heavenly realms and on earth...” Colossians 1:16 NLT