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We have this hope as an anchor for
the soul, firm and secure.

HEBREWS 6



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Submit to one another out of
reverence for Christ.

EPHESIANS 5:21



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U.S. surgeon general issues advisory on parents' mental health



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The U.S. surgeon general is calling for a "fundamental shift" in how the mental health of parents is supported and prioritized.

In a health advisory released Wednesday, Dr. Vivek Murthy, himself a father of two, said parents and caregivers are struggling amid a youth mental health crisis, financial difficulties, social media issues and more.

Read more at: <https://www.goodmorningamerica.com/wellness/story/us-surgeon-general-issues-advisory-parents-mental-health-113212536>

#rumc #medicalcenter #hospital #statenisland #health #wellness #rumcconnections podcast #rumcvitalsigns

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Parenting is HARD, but rewarding!



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Children, obey your parents in the
Lord, for this is right.

EPHESIANS 6:1



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Children, obey your parents in all things, for this is well pleasing to the Lord.

COLOSSIANS 3:20



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We are God's children and called to obedience to him. "Yet to all who did receive him, to those who believed in his name, he gave the right to become children of God— children born not of natural descent, nor of human decision or a husband's will, but born of God."

JOHN 1:12-13



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If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Helper, to be with you forever.

JOHN 14:15-16



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“Honor your father and mother” (this is the first commandment with a promise), “that it may go well with you and that you may live long in the land.”

EPHESIANS 6:2-3



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Fathers, do not provoke your children to anger,
but bring them up in the discipline and
instruction of the Lord.

EPHESIANS 6:4



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Fathers, do not provoke your children, lest they become discouraged.

COLOSSIANS 3:21



Top Ten Ways to Provoke to Anger or Discouragement

1. Using Authority/Power instead of the Relationship
2. Unclear standards, Inconsistent or Unexplained Discipline
3. Showing favoritism or unhealthy comparisons
4. More criticism and nitpicking than praise and encouragement
5. Humiliation, ridicule, and sarcasm in front of others
6. Attacking their character instead of addressing the behavior
7. Being distant, not seeking to understand, refusing to listen
8. Not controlling your emotions, punishing out of anger
9. Never admitting you are wrong, asking for forgiveness, or showing humility
10. Overprotection and smothering



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Whoever spares the rod hates his son, but he who loves him is diligent to discipline him.

PROVERBS 13:24

Discipline your child and he will give you rest; he will give you delight to your heart.

PROVERBS 29:17



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Train up a child in the way he
should go; even when he is old he
will not depart from it.

PROVERBS 22:6



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And these words that I command you today shall be on your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise.

DEUTERONOMY 6:6-7



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Top 10 Ways to Bring Up a Child with Discipline and Instruction

1. Model authentic life by obeying and depending on Jesus
2. Balance grace and truth as you lead
3. Establish standards and be consistent with discipline
4. Connect teaching to biblical principles
5. Be present, comfort, hold and hug them
6. Listen to understand before fixing and judging
7. Affirm their identity and gifting through encouraging words
8. Create boundaries and give them space to explore/grow
9. Deal with your emotions and remain calm
10. Encourage them to do hard things and allow consequences



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Special Topics:

Friends, Technology, Extracurricular Activities



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Children are a heritage from the Lord,
offspring a reward from him. Like arrows in
the hands of a warrior are children born in
one's youth. Blessed is the man whose
quiver is full of them. They will not be put to
shame when they contend with their
opponents in court.

PSALM 127:3-5

