**CHM Leadership Certification**

**Level IX, Course #4**

**RAISING EMOTIONALLY HEALTHY CHILDREN**

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**GC Children’s Ministries**

**(Handouts)**

1. According to the World Health Organization \_\_\_\_\_\_\_of children and adolescents experience

mental disorder.

1. Check all the characteristics of emotionally healthy children.

\_\_\_\_\_\_ They have empathy

\_\_\_\_\_\_ They are resilient in difficult times

\_\_\_\_\_\_ They have good linguistic skills

\_\_\_\_\_\_ They are highly emotional in daily response

\_\_\_\_\_\_ They develop techniques to help them deal with strong emotions.

\_\_\_\_\_\_ They live in reality

1. Identify 5 habits of emotionally healthy families:

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1. How do parents stay connected with their child?

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1. CIRCLE the letter that does not reflect good listening skills.
2. Listen to the message behind the words.
3. Put aside doing your own things and listen.
4. Be sensitive to the feelings of your child as you listen to their joys, struggles and hurt.
5. Judge everything that is said by your child.
6. How do parents accept the feelings of their child?

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1. What does it mean to spend “quality time” with our children?

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1. What does James 1:19 counsel us to do?

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1. Ellen White in *Child Guidance* provide guidance to parents.

“Mothers, however \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your children may be in their ignorance, do not give way to \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Teach them patiently and lovingly. Be ­­­­­\_\_\_\_\_\_\_\_\_ with them.” (245)

“When you are obliged to correct a child, do not ­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to a high key.... Do not lose your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. The parent who, when correcting a child, gives way to anger is more ­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ than the child. (246)

1. According to Life Counseling Solutions, all of the following habits are found in emotionally healthy families EXCEPT
2. Spend lots of time in watching television
3. Share meals together
4. Join a faith community
5. Put marriage as top priority
6. Laugh and pray