

**Parents – You Can Raise  
Good Children  
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**“Do not fear, for I am with you; Do not anxiously look  
about you, for I am your God....” Isaiah 41:10**

- I. Attitude Adjustment – Philippians 4:6  
Start with a positive attitude (I can)**
- II. You are the Boss – Psalm 37:5  
Establish firm, clear boundaries  
Learn to say “No” in love**
- III. Deal with overload – Psalm 34:1  
Manage time wisely  
Others are willing to help**
- IV. You are one person doing the best you can –  
I Corinthians 15:10  
Doing the job of two  
You are a team – work together**
- V. Create a stable, nurturing home – I John 4:7  
Children need stability and security  
Tell them how much you love them**
- VI. Establish schedules and predictable routines –  
Colossians 3:17  
Be flexible  
Seek a healthy balance**
- VII. Take care of yourself – I Corinthians 6:19  
Ask other single parents for help  
Pay close attention to diet, stress management, exercise, sleep habits**
- VIII. Develop a reliable support system – Ecclesiastes 4:9-10  
For emotional support  
For emergencies  
Choose caring, reliable, trustworthy people**
- IX. Your children are not your peer – I Corinthians 13:11**

**Do not confide in your children as though he/she is your peer  
Seek other adults for support**

**2 - Parents ...**

- X. Have realistic expectations – Philippians 4:12-13**
  - Focus on success not failure**
  - Set realistic goals**
  - Decide what is really important**
  - Have family meetings regularly**
  - Solve family problems together**