

MOPS Talk

I shared my most passionate topic for young mothers - make certain your actions and thinking and time show that God and then your husband are the most important things in your life. I made many mistakes in my first marriage, and know God wants me to use my knowledge from this to help keep marriages healthy and great for God. How you spend your time shows exactly what is most important to you (like tonight I made certain to read the Bible with my husband and nine-year-old before I started work on this blog, as well as going weekly to church, small group, and woman's Bible study, and working to daily respect and affirm my wonderful God-given treasure of my husband Bruce, and then near daily exercise and healthy diet to maintain my health). As a wonderful Godly woman and patient of mine, Kathryn discussed with me when she found out that I was talking with MOPS - "If a child sees he can manipulate you as a couple he will do so, but actually feels much more secure and less likely to act out if you and your husband love and respect each other and work as a team. A child must feel safe and if their foundation is not strong - then problems start - then this creates tension on the marriage -- stop all this before it starts by always keeping God first and husband. Work to always kiss/hug and greet each other first before kissing and hugging your children - even if they come running to you first, you will make a lifelong lesson of marriage the priority by making them wait until you hug and kiss Mommy or Daddy first."

I also discussed that mothers and fathers need to remember that you and God (the Lord of our lives and not our consultant) know your children the best. We physicians are here as your consultants - you listen to our recommendations, but you make the ultimate decisions with your children along with prayer and God's direction. I recommended reading or listening to the great parenting book/guide, "Shepherding a Child's Heart," which we have at our office for checkout of the audio cd and my detailed summary of the book under Resources on our website. Kathryn also has a great suggestion of praying with your child while you are driving (for example, behaving at school, giving the child strength through faith, tests, etc.), and having family hugs at the end of each day for forgiveness.