

## Going Further - Resources

### Recommended Books

Raising a Modern Day Knight by Robert Lewis  
Bringing up Boys by Dr. James Dobson  
Bringing up Girls by Dr James Dobson  
Mom, I Hate My Life by Sharon A Hersh  
Parenting Today's Adolescent by  
Dennis and Barbara Rainey  
Lead Your Teen to a Lifelong Faith by  
Joe White and Jim Weidmann  
Parents Guide to Spiritual Mentoring of  
Teens by Joe White and Jim Weidmann  
And Suddenly They're Thirteen by  
David and Claudia Arp

### Recommended Kits

Passport to Purity by Dennis and Barbara  
Rainey, provides tools for a meaningful getaway  
in which parents discuss puberty, sex and other  
“preparing for adolescence” issues with a son or  
daughter. Available at the CreekStore.

Preparing for Adolescence by Dr. James  
Dobson, is the classic Christian resource for  
this transition. Available at the CreekStore.

### Recommended Websites

[www.FamilyLife.com/passporttopurity](http://www.FamilyLife.com/passporttopurity) provides  
suggestions for creating a getaway event with  
your child.  
[www.RMDK.com](http://www.RMDK.com) provides resources for  
planning meaningful transition events with  
pre-teen boys. “Preparing for Adolescence” at  
[www.TroubledWith.com](http://www.TroubledWith.com) also offers helpful  
articles and resources.



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COTTONWOOD CREEK BAPTIST CHURCH  
[WWW.COTTONWOODCREEK.ORG/FAITHATHOME](http://WWW.COTTONWOODCREEK.ORG/FAITHATHOME)

# Preparing Your Child *for* Adolescence



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# Preparing Your Child for Adolescence

*From Dave Marsh, Children's Pastor*

*With Kurt Bruner, The Center for Strong Families*

“Enjoy ‘em now, because they’ll drive you crazy when they’re teenagers!” That’s the warning parents of pre-teens often hear. The implication: the teen years will be excruciatingly, unavoidably rough for everyone concerned. Obviously you and your pre-teen are in for a lot of change, but turmoil isn’t inevitable. You have the opportunity - before the cataclysmic transition from childhood to adulthood begins - to intentionally navigate your son or daughter through that change in a proactive and positive way.

The best way to prepare your child for adolescence is for you to set the stage - for a mom and her daughter or a father and his son or a single parent and either sex to spend time together dedicated to giving their pre-adolescent the framework for what’s coming. The best hope for a good outcome is when you - the parent - are the one to explain what it means and how to make the most of this vital time in life. Here’s a quick guide to the when, what, and how of that time together:

## **When**

Often parents are concerned that they will overwhelm their pre-teen or encourage premature curiosity if they jump the gun in preparing them for adolescence. A greater concern, however, is the likelihood that someone else will beat you

to it. Children are typically ready before their parents are. Doctors report puberty starting as early as age 9 among some girls, and the average age for first exposure to pornography among boys is around the same age. Of course, not all children are the same. That’s why it’s important to spend time with your pre-teen getting a sense of where they are developmentally and to make the timing of your conversations a matter of prayer. Generally, your prime opportunity will fall somewhere between the ages of 9 and 12.

## **What**

In your conversation about the years ahead, you should plan to address the many areas of change your son or daughter will encounter during their transition to adulthood - in their body, their decision-making, and their relationship with you.

## **Body**

It’s important to frame the physical changes ahead as much more than a plea for sexual abstinence. Your son or daughter needs a vision for how the internal and external changes ahead are preparing them for the joys of marriage and the miracle of creating new life.

## **Decision-Making**

Increasingly, your child will have to make and assume the responsibilities for his or her decisions. As you maintain your overall family values in media choices, individual responsibilities (chores, homework, etc.), and alcohol/drug use, you also need to direct your son or daughter in how to make good decisions for themselves. The first nine chapters of the book of Proverbs can be a helpful guide for teens learning to discern between wisdom and folly.

## **Relationship to You**

Helping your son or daughter understand and embrace the changes in his or her body while challenging them to bear the responsibility of decision making will be different from the role you’ve played before. Instead of communicating like a teacher who teaches the right answer, you should explain to your pre-teen that over the next decade your role will be progressively changing to that of a coach who is there to guide them in their transition into independent development.

## **How**

So what’s the best way to talk about this with your child? Fortunately, there are several great tools available for parents looking for recommendations on how to be intentional and effective in their efforts. (See “Going Further” suggestions.)

## **Going Further - Church Support**

**Preparing for Adolescence**

Attend the **Amazing U Retreat**