

BOUNDARIES WITH KIDS

Resources by Henry Cloud and John Townsend

Books

Boundaries (and workbook)
Boundaries in Dating (and workbook)
Boundaries in Marriage (and workbook)
Boundaries with Kids (and workbook)
Boundaries with Teens (Townsend)
Changes That Heal (and workbook) (Cloud)
Hiding from Love (Townsend)
How People Grow (and workbook)
How to Have That Difficult Conversation You've Been Avoiding
Making Small Groups Work
The Mom Factor (and workbook)
Raising Great Kids
Raising Great Kids Workbook for Parents of Preschoolers
Raising Great Kids Workbook for Parents of School-Age Children
Raising Great Kids Workbook for Parents of Teenagers
Safe People (and workbook)
12 "Christian" Beliefs That Can Drive You Crazy

Video Curriculum

Boundaries
Boundaries in Dating
Boundaries in Marriage
Boundaries with Kids
Raising Great Kids for Parents of Preschoolers
ReGroup (with Bill Donahue)

Audio

Boundaries
Boundaries in Dating
Boundaries in Marriage
Boundaries with Kids
Boundaries with Teens (Townsend)
Changes That Heal (Cloud)
How People Grow
How to Have That Difficult Conversation You've Been Avoiding
Making Small Groups Work
The Mom Factor
Raising Great Kids

BOUNDARIES WITH KIDS

LEADER'S GUIDE

AN 8-SESSION FOCUS ON
HOW HEALTHY
CHOICES
GROW HEALTHY
CHILDREN

DR. HENRY CLOUD & DR. JOHN TOWNSEND



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Boundaries with Kids Leader's Guide

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For Starters

Thanks for choosing this Zondervan small-group DVD curriculum. Please take a few minutes to read the following information before you begin. It should answer most of the questions you may have.

What's on the DVD?

The accompanying DVD features the following components:

- Eight teaching sessions with Dr. Henry Cloud and Dr. John Townsend (every session has at least two video teaching segments)
- Previews of other products your small group might want to consider using sometime in the future

What other materials will I need for a successful small group?

- Television monitor
- DVD player (stand, extension cord, remote, etc.)
- Watch or clock for monitoring the time
- Participant's guide (one per group member)
- Leader's guide (contained in DVD case; can be shared in groups that choose to rotate leadership responsibilities)
- Bible—Old and New Testaments (one per group member)

- Pen or pencil for everyone
- Book: *Boundaries with Kids* (recommended for leader; optional for participants)

What else would it be good for me to know?

- This curriculum can work equally well in church and home groups. Each of the sessions is designed to take between fifty and sixty minutes. In more formal, time-constrained church settings, leaders will likely need to follow the time frames provided in the outlines if they are to cover all the content. In less formal settings, leaders can “round off” time frames and still end up with about an hour of discussion material. In either case, remember that these are suggested time frames and open to adjustment as you see fit.
- Flexibility is key when it comes to large-group/small-group exercises. For various reasons (logistics, group size, etc.), it may not make sense to break into small groups. In that case, simply disregard these cues throughout the guide.
- Feel free to adapt each session to meet the needs of your particular group. Reword or add questions if you wish. If you sense that a certain question is too inflammatory for your group or reaches beyond your own comfort zone, you may simply omit it or at least recognize that not everyone needs to answer every question. At the same time, don’t be afraid to tackle tough issues.

The Relentless but Rewarding Task of Parenting

A wise friend once rightly observed that parenting is relentless. Indeed, the task of helping children develop inside them what you, their parents, have been providing on the outside—responsibility, self-control, and freedom—is not an easy one. But, based on our clinical training and our more than twenty years of working with families, *Boundaries with Kids* can help.

We have organized this curriculum around the key concepts that will help children take ownership of their lives. These principles arise from our study of the Bible and God's teaching on responsibility, stewardship, and self-control. We believe these principles of boundaries with children are universal, and that they work with kids at all levels of development. The sessions provide examples and illustrations of how those laws are applied at all age levels; in discussions with other parents and through exercises you do on your own, you'll work on applying those principles to your personal situation.

Keep in mind, though, that *Boundaries with Kids* is geared much more toward how you, the parent, behave with your child than toward educating the child. Learning boundaries has a lot to do with going through experiences such as receiving consequences for behavior, taking ownership, and dealing with the boundaries of others. As you learn to require responsibility from your

child, your child will learn the value of being responsible. The boundary-building process begins with you.

Remember, you're not in this alone. God himself is a parent and for many years has gone through the same pains you are experiencing as you try to teach responsibility to the kids in your life. God understands, and he will guide and help your willing heart (Psalm 1:6). So ask him for his help, wisdom, and resources as you continue the process of helping young people grow up into maturity in him.

HENRY CLOUD, PhD

JOHN TOWNSEND, PhD

Building Character in Kids

Before You Lead

For the best experience in leading your small group, it's very important to preview session 1 on the DVD and, if possible, read chapters 1 and 2 of the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (8 MINUTES)

Overview (1 MINUTE)

Opening prayer (1 MINUTE)

II. Discovery (41 MINUTES)

DVD Segment #1: Parenting with an Eye to the Future (5 MINUTES)

Kid Talk: What's a Mom to Do? (10 MINUTES)

Kid Kare: The Parent as Guardian, Manager, and Source (10 MINUTES)

DVD Segment #2: Eight Key Aspects of Character (6 MINUTES)

Kid Kare: Cultivating Character (10 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome participants to the group, then introduce yourself and ask members to briefly introduce themselves. As they do so, have them take a moment to answer the Before We Start questions on page 11 of the participant's guide as a way of getting to know each other a bit better. Depending on the size of your group, you may need to break into groups of three or four for this exercise (8 MINUTES).
- Read or have a volunteer read the session 1 overview on page 12 of the participant's guide.
- Before you launch into the teaching, pray that God would use this time to encourage and instruct each one in attendance.

Discovery (41 MINUTES)

- DVD Segment #1: Parenting with an Eye to the Future (5 MINUTES)—Show the first video clip for session 1, noting that key points appear on pages 13–14 of the participant's guide.
- Kid Talk (10 MINUTES)—Discuss the video scenario, using the questions on pages 15–16.
- Kid Kare (10 MINUTES)—Now break into groups of three or four people to complete the exercise on pages 17–18.
- DVD Segment #2: Eight Key Aspects of Character (6 MINUTES)—View the second teaching clip for session 1. Key video points appear on pages 19–21 of the participant's guide.

- **Kid Kare** (10 MINUTES)—Have group members complete the exercise on pages 22–23 either on their own or with their spouse.

Closing (2 MINUTES)

Before closing with the prayer printed on page 24 of the participant's guide, encourage everyone to complete the Kid Kare at Home exercises and between-sessions reading assignment (pages 24–25) prior to your next meeting.

Kids Need Parents with Boundaries

Before You Lead

For the best experience in leading your small group, it's very important to preview session 2 on the DVD and, if possible, read chapter 3 of the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (12 MINUTES)

Welcome (1 MINUTE)

Review and overview (10 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (36 MINUTES)

DVD Segment #1: Boundaries for Kids—and
Their Parents (5 MINUTES)

Kid Talk: Three Avenues of Influence (8 MINUTES)

DVD Segment #2: Overcoming Obstacles to
Boundary Training (5 MINUTES)

Kid Talk: Five Obstacles to Boundary Training
(10 MINUTES)

Kid Kare: Withstanding Your Kids' Testing

(8 MINUTES)

III. Closing (2 MINUTES)

Introduction (12 MINUTES)

- Welcome participants to session 2.
 - Take up to 9 minutes for sharing observations from the “homefront,” as a way of reviewing session 1. (Be ready with an anecdote from your own parenting experiences, if necessary, to jump-start the conversation.) Some possible questions to throw out to the group:
 - Who caught a child doing something right? What effect did noticing that act have on your child? On your relationship with your child?
 - Who did something to help your child grow in one of the eight important character qualities? What did you do? How did your child respond?
- Then read or have a volunteer read the session 2 overview on page 27 of the participant’s guide.
- Pray to ask God’s blessing on the instruction to follow.

Discovery (36 MINUTES)

- DVD Segment #1: Boundaries for Kids—and Their Parents (5 MINUTES)—Show the first video teaching portion for session 2, reminding everyone that key points appear on pages 28–29 of the participant’s guide.

- Kid Kare (8 MINUTES)—Next, break into three evenly divided groups and complete the exercise on pages 30–31, assigning each group one of the three avenues of influence. Let participants know when there is 1 minute remaining. Afterward, call the group back together.
- DVD Segment #2: Overcoming Obstacles to Boundary Training (5 MINUTES)—Show the second video teaching portion. Key video points are found on pages 32–34 of the participant’s guide.
- Kid Talk (10 MINUTES)—Unpack the video, using the questions on pages 35–36 as discussion starters.
- Kid Kare (8 MINUTES)—Finally, have each participant on his or her own work through the exercise on pages 37–39.

Closing (2 MINUTES)

Encourage group members to do the Kid Kare at Home exercises and the suggested reading (see pages 40–41, 43) as well as any uncompleted session exercises sometime before the next meeting. Then end with the prayer printed at the top of page 40.

Session 3

Boundary Principles One and Two

*The Law of Sowing and Reaping
and the Law of Responsibility*

Before You Lead

For the best experience in leading your small group, it's very important to preview session 3 on the DVD and, if possible, read chapters 4 and 5 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (44 MINUTES)

DVD Segment #1: What Will Happen If I Do This? (8 MINUTES)

Kid Talk: Learning Lessons from Reality
Consequences (8 MINUTES)

Kid Kare: Making Good the Law of Sowing
and Reaping (5 MINUTES)

DVD Segment #2: Pulling My Own Wagon

(8 MINUTES)

Kid Talk: What Kids Need to Understand

(10 MINUTES)

Kid Kare: What Kids Need to Take Responsibility For (5 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome back participants for session 3.
- Review session 2 topics for the next 7 minutes by asking questions such as:
 - Who did something with your child that you know he or she loves to do? What, if anything, surprised you about that one-on-one time? In what ways has your time together affected your interaction with your child since then?
 - Have you considered how you might be contributing to your child's misbehavior? Share some of your realizations about behavioral dynamics in your home and your part in them.

Then read or have a volunteer read the session 3 overview on pages 45–46 of the participant's guide.

- Pray to ask God's blessing on your time together today.

Discovery (44 MINUTES)

- **DVD Segment #1: What Will Happen If I Do This?** (8 MINUTES)—View the first video portion for session 3, noting that key points are found on pages 47–48 of the participant’s guide.
- **Kid Talk** (8 MINUTES)—Follow up the DVD presentation with a discussion of the video scenario, using the questions on pages 49–50.
- **Kid Kare** (5 MINUTES)—Having each group member work alone or with their spouse, ask everyone to complete the exercise on pages 51–52.
- **DVD Segment #2: Pulling My Own Wagon** (8 MINUTES)—Show the second video portion for session 2. Key video points appear on pages 53–55.
- **Kid Talk** (10 MINUTES)—Divide into groups of three or four and answer the questions on pages 56–57. Alert everyone when 1 minute remains, then reassemble when finished.
- **Kid Kare** (5 MINUTES)—If group members are attending with their spouse, have them team up to begin the exercise found on pages 58–61. Otherwise, have people work on their own.

Closing (2 MINUTES)

Remind everyone to work on the Kid Kare at Home exercises and Between Session Reading (participant’s guide, pages 62–65) as well as any exercise they weren’t able to finish during the session. Then close with the prayer printed at the top of page 62.

Session 4

Boundary Principles Three and Four

The Laws of Power and Respect

Before You Lead

For the best experience in leading your small group, it's very important to preview session 4 on the DVD and, if possible, read chapters 6 and 7 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (38 MINUTES)

DVD Segment #1: I Can't Do It All, But I'm
Not Helpless, Either (7 MINUTES)

Kid Talk: Power and Children (5 MINUTES)

Kid Kare: Power over Myself (5 MINUTES)

DVD Segment #2: I'm Not the Only One Who Matters (6 MINUTES)

Kid Talk: Respecting Limits (5 MINUTES)

Kid Kare: Respecting Separateness (10 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome participants back for session 4.
- To review session 3, spend about 7 minutes having group members share answers to any of the following questions:
 - Who was able to use consequences this week to make a problem your child's problem rather than your problem?
 - Who had the opportunity to remind a child that his "knapsacks" (remember that analogy?) are normal responsibilities that you expect him to handle on his own? What did you do to remind him?

Then read or have a volunteer read the session 4 overview on page 67 of the participant's guide.

- Pray to ask God's blessing on your time together today.

Discovery (38 MINUTES)

- DVD Segment #1: I Can't Do It All, But I'm Not Helpless, Either (7 MINUTES)—Show the first clip of the teaching video. Key points appear on pages 68–70 of the participant's guide.

- **Kid Talk** (5 MINUTES)—Discuss the questions on page 71.
- **Kid Kare** (5 MINUTES)—Have participants divide into four groups, then assign each group one of the four topics in the exercise on pages 72–74. Notify everyone when 1 minute remains, then reassemble.
- **DVD Segment #2: I’m Not the Only One Who Matters** (6 MINUTES)—View the second portion of the teaching video, reminding everyone that key points are found on pages 75–76 of the participant’s guide.
- **Kid Talk** (5 MINUTES)—Follow up the DVD presentation by answering the questions on page 77.
- **Kid Kare** (10 MINUTES)—Break into groups of three or four to work on the exercise on pages 78–79. As the allotted time comes to an end, get everyone’s attention to wrap up the session.

Closing (2 MINUTES)

Encourage group members to complete the Kid Kare at Home and Between Sessions Reading exercises (participant’s guide, pages 80–84), plus any exercises they weren’t able to finish during the meeting. Then close your time with the prayer printed at the top of page 80.

Boundary Principles Five and Six

The Laws of Motivation and Evaluation

Before You Lead

For the best experience in leading your small group, it's very important to preview session 5 on the DVD and, if possible, read chapters 8 and 9 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (45 MINUTES)

DVD Segment #1: Life Beyond “Because I’m the Mommy” (7 MINUTES)

Kid Talk: Cheerfulness, Connectedness, and Persistence (8 MINUTES)

Kid Kare: Your Kid’s Motives (7 MINUTES)

DVD Segment #2: Pain Can Be a Gift (6 MINUTES)

Kid Talk: Count It All Joy (10 MINUTES)

Kid Kare: Four Rules for Evaluating Pain

(7 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome back participants for session 5.
- Review session 4 by taking about 7 minutes to share how the Law of Power and Law of Respect impacted group members' homes this past week. Perhaps someone had an opportunity to use one of the responses Dr. Cloud and Dr. Townsend suggested for those times when a child tries to take power over a parent. Ask how it went.

Then read or have a volunteer read the session 5 overview on page 85 of the participant's guide.

- Pray that God would bless the next hour together.

Discovery (45 MINUTES)

- DVD Segment #1: Life Beyond "Because I'm the Mommy" (7 MINUTES)—View the first video teaching clip for session 5. Key points are found on pages 86–87 of the participant's guide.
- Kid Talk (8 MINUTES)—Discuss the follow-up questions on page 88.
- Kid Kare (7 MINUTES)—Alone or with their spouse, have everyone complete the exercise on pages 89–90.
- DVD Segment #2: Pain Can Be a Gift (6 MINUTES)—Show the second teaching clip for this session.

Key video points are found on pages 91–92 of the participant's guide.

- **Kid Talk** (10 MINUTES)—Discuss the questions on page 93.
- **Kid Kare** (7 MINUTES)—Divide participants into four groups and assign each group one of the four rules in the exercise on pages 94–97. Provide an alert when 1 minute remains, then call everyone to attention for the session wrap-up.

Closing (2 MINUTES)

Before ending with the prayer printed at the top of page 98, remind group members of the Kid Kare at Home and Between Session Reading exercises found on pages 98–100 of the participant's guide. Also encourage them to complete any exercise they weren't able to finish during today's session.

Session 6

Boundary Principles Seven and Eight

The Laws of Proactivity and Envy

Before You Lead

For the best experience in leading your small group, it's very important to preview session 6 on the DVD and, if possible, read chapters 10 and 11 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (43 MINUTES)

DVD Segment #1: Tantrums Needn't Be
Forever (7 MINUTES)

Kid Talk: When Kids React (5 MINUTES)

Kid Kare: Reactive and Proactive Boundaries
(10 MINUTES)

DVD Segment #2: I Am Happier When I Am Thankful (6 MINUTES)

Kid Talk: Dealing with Hatred and Envy
(8 MINUTES)

Kid Kare: Giving, Limiting, and Containing
(7 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome participants to session 6.
- To review session 5, ask group members to share stories from home this past week (7 MINUTES). Perhaps someone would like to tell how their Kid Kare at Home activity of tackling a home or community project with their children went, and what impact it had on family dynamics. (Be ready to share an anecdote of your own, if necessary, to jump-start the conversation.)
Then read or have a volunteer read the session 6 overview on pages 101–102 of the participant's guide.
- Pray to ask God's blessing on your meeting today.

Discovery (43 MINUTES)

- DVD Segment #1: Tantrums Needn't Be Forever (7 MINUTES)—Show the first video teaching portion for session 6. Key points are found on pages 103–104 of the participant's guide.
- Kid Talk (5 MINUTES)—Have group members answer the questions on pages 105–106 on their own.

- Kid Kare (10 MINUTES)—Break into groups of four or five to work on the exercise found on pages 107–109. Alert everyone when 1 minute remains, then reassemble.
- DVD Segment #2: I Am Happier When I Am Thankful (6 MINUTES)—View the second video teaching clip for this session. Key points appear on pages 110–111 of the participant's guide.
- Kid Talk (8 MINUTES)—Follow up by discussing the questions on page 112.
- Kid Kare (7 MINUTES)—Divide participants into three groups, then assign each group one of the topics in the exercise on pages 113–116. At the appropriate time, call everyone to attention for the session wrap-up.

Closing (2 MINUTES)

Remind group members of the Kid Kare at Home and Between Sessions Reading exercises (participant's guide, pages 117–119), and encourage them to complete any exercises they weren't able to finish during the meeting. Then close with the prayer at the top of page 117.

Boundary Principles Nine and Ten

The Laws of Activity and Exposure

Before You Lead

For the best experience in leading your small group, it's very important to preview session 7 on the DVD and, if possible, read chapters 12 and 13 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (43 MINUTES)

DVD Segment #1: Jump-starting My Engine
(7 MINUTES)

Kid Talk: From Passive to Active (8 MINUTES)

Kid Kare: What Can You Do about a Passive
Child? (5 MINUTES)

DVD Segment #2: Honesty Is the Best Policy
(5 MINUTES)

Kid Talk: Bring It to Relationship (10 MINUTES)

Kid Kare: Principles for Openness and Honesty
(8 MINUTES)

III. Closing (2 MINUTES)

Introduction (10 MINUTES)

- Welcome participants back for session 7.
- Spend about 7 minutes sharing observations about session 6. Ask if anyone had an opportunity to teach their kids any of the seven skills of the Law of Proactivity discussed in the Kid Kare at Home exercise and, if so, how the experience went.

Then read or have a volunteer read the session 7 overview on page 121 of the participant's guide.

- Pray for God's leading in today's meeting.

Discovery (43 MINUTES)

- DVD Segment #1: Jump-starting My Engine (7 MINUTES)—View the first video teaching clip for session 7. Key points are found on pages 122–123 of the participant's guide.
- Kid Talk (8 MINUTES)—Divide into groups of four and discuss the questions on pages 124–125. Reassemble after the allotted time.
- Kid Kare (5 MINUTES)—Alone or with their spouse, have participants work on the exercise on pages 126–129.
- DVD Segment #2: Honesty Is the Best Policy (5 MINUTES)—Show the second video presentation for

this session. Key points appear on pages 130–131 of the participant's guide.

- Kid Talk (10 MINUTES)—Discuss the questions on page 132.
- Kid Kare (8 MINUTES)—Have everyone, working either alone or with their spouse, complete the exercise on pages 133–136.

Closing (2 MINUTES)

Before ending with the prayer printed at the top of page 137, encourage group members to complete the Kid Kare at Home and Between Sessions Reading exercises (participant's guide, pages 137–144), and to wrap up any unfinished exercise from this session.

Six Steps to Implementing Boundaries with Your Kids

Before You Lead

For the best experience in leading your small group, it's very important to preview session 8 on the DVD and, if possible, read chapter 14 in the book *Boundaries with Kids* by Dr. Henry Cloud and Dr. John Townsend. Familiarize yourself with the session outline and gather the necessary materials.

Session Outline

I. Introduction and review (10 MINUTES)

Welcome (1 MINUTE)

Review and overview (8 MINUTES)

Opening prayer (1 MINUTE)

II. Discovery (38 MINUTES)

DVD Segment #1: Roll Up Your Sleeves, Part 1
(7 MINUTES)

Kid Talk: Get Ready! Get Set! (8 MINUTES)

Kid Kare: Implementing Boundaries, Steps 1–3
(5 MINUTES)

DVD Segment #2: Roll Up Your Sleeves, Part 2
(4 MINUTES)

Kid Talk: Running the Race (6 MINUTES)

Kid Kare: Implementing Boundaries, Steps 4–6
(5 MINUTES)

DVD Segment #3: Words of Hope and
Encouragement (3 MINUTES)

III. Closing (8 MINUTES)

Introduction (10 MINUTES)

- Welcome participants back for the last session.
- By way of review, take about 7 minutes to have group members share answers to any of the following questions:
 - What did you do to turn your kids from passivity to activity this week?
 - How did you improve direct communication in your family this week?
 - What did you do to encourage, if not require, your kids to take initiative and work at problem solving?
 - Did you have an opportunity to teach your child to move toward relationship? If so, how did you do it and how did your child respond?

Then read or have a volunteer read the session 8 overview on page 145 of the participant's guide.

- Thank God for his blessing on this group throughout the previous seven sessions and pray for today's final time together.

Discovery (38 MINUTES)

- DVD Segment #1: Roll Up Your Sleeves, Part 1 (7 MINUTES)—View the first video teaching portion for session 8. Key points appear on page 146 of the participant's guide.
- Kid Talk (8 MINUTES)—Follow up by discussing the questions on page 147.
- Kid Kare (5 MINUTES)—Working alone or with their spouse, have participants begin the exercise on pages 148–151.
- DVD Segment #2: Roll Up Your Sleeves, Part 2 (4 MINUTES)—Show the second video teaching portion for this session. Key points are found on page 152 of the participant's guide.
- Kid Talk (6 MINUTES)—Discuss the questions on page 153.
- Kid Kare (5 MINUTES)—Either alone or with their spouse, ask group members to begin the exercise on pages 154–161.
- DVD Segment #3: Words of Hope and Encouragement (3 MINUTES)—View this last video installment from Dr. Cloud and Dr. Townsend. Key points appear on page 162 of the participant's guide.

Closing (8 MINUTES)

Thank everyone for their faithfulness in attending this important study and encourage them to complete the session 8 exercises as well as the Kid Kare at Home and reading assignments (participant's guide, pages 163–164) in the coming days. Offer the closing prayer printed at the top of page 163, giving group members several minutes to pray aloud or silently as indicated in the middle of the prayer.

We want to hear from you. Please send your comments about this book to us in care of zreview@zondervan.com. Thank you.



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