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## Singapore Newsletter

*Dear GFI Family*

*This month sees many churches starting GFI classes. If you are looking for a class and there are none in your church, you might want to check out our "Churches running programmes in March" to see if there are any near you.*

*We have included a chart that gives suggested responses for parents to teach into the hearts of children during situations that arise. You will want the full version.*

*What about taking a summer break in Dallas, Texas USA while learning more skills in parenting? Look up for details of GFI National Conference in 13-15 July.*

*Remember to take time and laugh with your loved ones during the March school holidays.*

*Dorcas Li*

### **Infant Way Course**

*27 Apr—1 Jun 2006  
Every Thursday 7.30—9.30pm  
FCBC Church Office  
#04-01 technopark@chai chee*

### **GFI National Leadership & Alumni Conference**

*Plano, Texas, USA  
July 13-15, 2006  
www.gfi.org*

### **Virtuous Way Course (GKGW) Module 3**

*3 Jul—4 Sep 2006  
Every Monday 7.30—9.30pm  
IRAS Building  
(opp Novena MRT)  
\$180 per family*

*Registration  
www.gfi-singapore.org*

*Behold, I will send you  
Elijah the prophet  
Before the coming of the  
Great and dreadful day of  
The Lord.*

*And He will turn  
The hearts of the fathers  
To the children,  
And the hearts of the  
Children to their fathers,  
Lest I come and strike the  
Earth with a curse*

*Malachi 4:5-6*

**Key Principle:**  
**Virtuous Way Chapter 6**  
**Respect for Authority & Parents**

*Parenting in the mind of God is a Kingdom Issue.*

# Teaching Your Toddler

By Katharine G. Howard



A small battle of wills took place between my first-born son and me. Breakfast was over for his daddy and me. But sitting in his highchair, Phil dawdled with the remains of his milk. He announced firmly, ‘Wanna git down.’

‘Just finish your milk, then you can get down,’ I told him, not dreaming that this was a crisis.

He sat quietly for a time, then declared, ‘Wanna git down.’

‘Yes, as soon as you finish your milk.’ We repeated this scene every few minutes for more than an hour. I began to realize that my authority was being tested. Inwardly I determined that he would sit there until he did what I told him. Just how long that would have taken had it not been for the milkman, I do not know. Phil loved to watch the milkman come down the cobblestone street in our suburb of Schaerbeek in Brussels, Belgium, with his little cart pulled by his dog. When Phil heard him coming, down went the milk and he wormed his way out of the highchair in no time.

Years later, during his military service, Phil wrote his father and me thanking us for teaching him obedience. It never occurred to him to disobey an order, he said, but many men tried to get around doing what they were told and consequently they spent a lot of time in the brig.

‘Train up a child in the way he should go and when he is old he will not depart from it’ is as true today as when Solomon wrote it several thousand years ago. Running one’s eye down the columns of any concordance on the words *obey*, *obedience* and *obedient* gives some idea of the importance of these words in God’s sight. ‘Behold, to obey is better than sacrifice, and to hearken than the fat of rams,’ Samuel told Saul. In order to properly *hearken*, which is the beginning of learning, one must be obedient.

Training must come before teaching. Before parents can train their children properly, they must first discipline themselves. An orderly home and orderly habits can be accomplished only by agreeing together on these things. Our home ran on a tight schedule. My husband had to catch his commuter train on time, and each child had to finish his duties and leave for school on time. My husband insisted on a leisurely breakfast and family prayers. This is impossible unless the children cooperate. And they don’t cooperate unless they are disciplined from their earliest days. This discipline lays the groundwork for teaching.

Praying together for wisdom and standing together on all matters of discipline should be a rule for parents. Older children quickly notice when they can play one parent against the other: ‘If Mommy won’t let me go. I’ll ask Daddy. He won’t know that Mommy has said no.’ Parents of young children (and older ones, too of course) should read the book of Proverbs frequently and soak up the wisdom given by the Spirit of God.

*For the full article, please log-on to [www.gfi.org](http://www.gfi.org), under ‘Articles’*

## Churches Running GFI Programmes in March 2006

**Toddler Way**  
His Sanctuary

**Middle Years Way**  
FCBC

**Innocent Way**  
Covenant EFC

### Adolescent Way

Covenant EFC • Queenstown Baptist Church • Holy Spirit Church • Faith Methodist

### Virtuous Way

Bread of Life • City Missions Church • Covenant EFC • Church of S'pore • Overseas Christian Mission Fellowship  
Central Christian Church • Emmanuel Evangelical Free Church • FCBC • GFI • Zion Presbyterian Church

If you have a GFI group running in your church and is not listed above, do email  
[dorcas.li@gfi-singapore.org](mailto:dorcas.li@gfi-singapore.org)

## Wise Words for Moms

By Ginger Plowman

| <b>Child's Behaviour</b>            | <b>Aggravating<br/>Stirring Up Strife,<br/>Picking on others</b>  | <b>Blame Shifting,<br/>Making Excuses</b>  | <b>Defiant Attitude, Defiant<br/>Look</b>  |
|-------------------------------------|---|--|--|
| <b>Heart Problem</b>                | <p>1. Are you purposing in your heart to promote peace, or are you stirring up trouble?</p> <p>2. How can you show love and pursue peace in this situation?</p> | <p>1. Could it be that you are trying to cover over your own sin?</p> <p>2. Without blaming someone else or making excuses, I want you to examine your own heart and tell me what you did.</p> <p>3. What could you have done differently?</p> | <p>1. Are you obeying or disobeying with your attitude?</p> <p>2. Are you truly obeying when you obey with an unhappy heart?</p>   |
| <b>Reproof<br/>("Put Off")</b>      | <p><b>Strife:</b> One of the 7 things God hates is one who stirs up trouble among his brothers. Proverbs 6:19</p>   | <p><b>Pride:</b> When you try to hide your sins you will not prosper. God knows what is in your heart. Proverbs 28:13</p>  | <p><b>Defiance.</b> It is wicked for you to harden your face and foolish for you to despise instruction. Proverbs 12:1</p>         |
| <b>Encouragement<br/>("Put On")</b> | <p><b>Peace Making:</b> God gives joy to those who promote peace. Proverbs 12:20</p>  | <p><b>Humility:</b> If you confess and turn away from your sin, you will be forgiven and will receive mercy. Proverbs 28:13<br/>1 John 1:9</p>   | <p><b>Submission.</b> A wise heart accepts command and a happy heart makes the face cheerful. Proverbs 10:8<br/>Proverbs 15:13</p> |
| <b>Additional Verses</b>            | <p>Proverbs 10:12<br/>1 Peter 3:11</p>  | <p>Proverbs 21:2<br/>Micah 7:9<br/>James 5:16</p>  | <p>Proverbs 17:22<br/>Proverbs 28:14<br/>Philippians 2:5</p>   |

For more of Ginger Plowman's materials & ministry—see [www.gingerplowman.com](http://www.gingerplowman.com)

# Immediate Gratification or Self-Control

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It was with great interest and pleasure that we read the cover story of *Time* magazine, “The E. Q. Factor.”<sup>1</sup> The article spotlighted the work of Harvard University professor Daniel Goleman. In his book *Emotional Intelligence*, Dr Goleman presents some very interesting findings. He states that children who gain the mastery of delayed gratification learn the virtue of self-control and hence have a much better life. Children trained in immediate gratification suffer and are left behind.

His study began with a marshmallow and involved a test developed by Dr. Walter Mischel of Columbia University. One at a time children were brought to a room and offered a marshmallow. They were told they could eat the marshmallow “right now,” or if they waited until the

Who ever has no rule  
over his own spirit  
Is like a city broken  
down without walls.  
Proverbs 25:28

researcher got back from running an errand, he would give them a second marshmallow. But they had to wait and not eat the first one. After the test was completed, researchers followed these children as they grew up. This is what they found: By the time the children reached high school, the children’s parents and teachers found that those who, as four-years-olds, had the fortitude to hold out for the second marshmallow generally grew up to be better

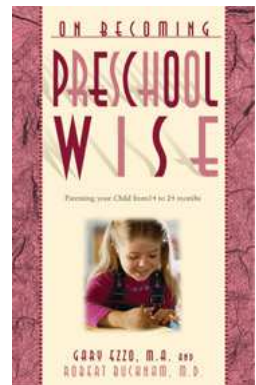
adjusted and more popular, adventurous, confident, and dependable teenagers. The children who were raised with immediate gratification training, who could not wait for the greater benefits, were more likely to be lonely, easily frustrated, and stubborn. They buckled under stress and shied away from challenges. When comparing their scores on the Scholastic Aptitude Test, the kids who waited for the second marshmallow scored on average 206 points higher.

The article cited above offered Dr. Goleman’s conclusion: “It seems that the ability to delay gratification is a master skill, a triumph of the reasoning brain over the impulsive one.”

We spoke by phone with Dr. Walter Mischel of Columbia University to ascertain the length of time the children waited between marshmallow. He told us that the original study used a delayed gratification factor of 15 minutes. We then repeated the test with 25 children, ages three, four, and five years old, whose parents had used the principles in *One Becoming Babywise* when these children were infants. For our three-year-olds we set the gratification factor at 10 minutes. But we extended Dr. Mischel’s time by five minutes for the four- and five-year-olds, making the children wait 20 minutes. This is what we found:

- Of the 5 three-year-olds tested, all waited for the second marshmallow
- Of the 15 four-year-olds tested, all waited for the second marshmallow
- Of the 5 five-year-olds tested, all waited for the second marshmallow

Dr. Goleman’s research focused on the result of delayed gratification, but not on the method of achievement. Yet obviously all the children we studied demonstrated a conscious choice for delayed gratification for the greater gain. Could something as basic as an infant feeding routine, healthy naps, continuous nighttime sleep, definite boundaries, and healthy dose of otherness training be the channel for success? We believe so.



Source: “On Becoming Pre-Schoolwise” by Gary Ezzo & Dr. Robert Bucknam, pg39-41

<sup>1</sup> See Nancy Gibbs, “The E. Q. Factor,” *Time* (October 2, 1995), 60.

**The Goal  
of a Father**

An older man was congratulated for becoming so successful. His shoulders slumped as he said, "I would trade it all for a relationship with my son." Why do we tend to give so much time to those who care about us so little?

Our children need us. Fathering is a task that only you can do. The primary purposes of parenting are to 1) prepare our children for life and 2) create an environment that helps them become disciples of Christ (Psalm 78:4:7). How do we do that?

**Spend time with them:** If you don't have enough time for your children you can be 100% certain you are not following God's will for your life. Prioritize everything based on who's going to be crying at your funeral.

**Encourage them with words:** Children need to be encouraged (Colossians 3:21). Encouragement is the food of the heart, and every heart is a hungry heart. Say "I love you" and "I'm proud of you" to each child every day (Matthew 3:17).

**Show unconditional love:** Too much structure discourages our children. Don't over-structure with too many rules and pressure to perform and conform. Don't let your children ever doubt that you have a deep and abiding love for them (Psalm 103:13).

**Pray for them daily:** We can make no contribution more "practical" than to intercede for our children in daily prayer. You may be the only person in the whole world willing to pray for your children on a regular basis.



When your children are grown, how will you measure whether or not you were a successful father?

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Sit with each child individually, read the above points one by one (with explanations appropriate to their ages), and ask for a "report card" on how you are doing. Don't defend yourself – just listen carefully. If needed, apologise and ask forgiveness. If your kids are too young, ask your wife.

Based upon each child's response, what is one step you want to take with each child? (Write each child's name, then the step).

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Relationships create **RESPONSIBILITIES**, and the chief responsibility is **TIME**.

Source: "Success That Matters-Life Plan" by Man in the Mirror Ministry, [www.equippingleadersasia.org](http://www.equippingleadersasia.org)