SEARCH185

How to Raise Children

July 23, 2025 Episode 14

Thank you for joining us today for the SEARCH 185 podcast. I am here with my co- host Henry Avila, How are you doing today, Henry? . . .

Today, I was thinking we could share with our audience, some ideas and thoughts on how to raise children in our world today. I figure we can share our successes and failures to help others out there to possible make their parenting days a little better . . .

(HENRY): Thank you Jody . . . Parenting . . . raising children . . . wow! what a monumental task and responsibility that God has placed on us, right? First, tell me a little bit about your family . . . (JODY: wife, children, years of marriage . . .) (HENRY: wife, children, years of marriage)

When we have our first child, we don’t know what their personality will be like. Sometimes I think that the oldest gets the “short end of the stick” because we are new parents and are having to learn through making mistakes.

Hopefully, the parenting gets better as we have more children, and maybe our discussion can help out some, but . . .

. . . I believe the first thing to getting parenting right is to get the parent right . . . As fathers, you and I first need to make sure that we are on that journey to improving ourselves to be more like our Heavenly Father . . . filled with the Wisdom, Holiness and the Mercy of God. How do we do that?

(JODY): As we have mentioned before in our other podcasts . . . the key to a relationship with God and growth in holiness is prayer. This is the time we take, as

> **Psalm 46:10** *tells us, to "be still and know that I am God." This is how we learn to focus on our family and especially focus on how to raise our children. We need to listen to God's Word and grow in holiness so that we can make good judgements when we raise our kids. To get started, I think that is so important for us as parent to "be present" to our children.*

BEING PRESENT (JODY) One the most important things, I believe is to be present to your children. We need to be active in our children's lives . . . sports, theater, etc. . . (give examples)

(HENRY): (give examples, scouts, sports, meals)

TEACH THEM A GOOD WORK ETHIC

- Balance of work and family life
- Teach your children how to work . . . chores (mention the chore chart), yard work, etc.
    - (HENRY and JODY to give examples)
- Participating in sports is also a good teacher
- Work outside the home (fast food, mowing yards, etc.)
- Teach them about INTEGRITY, HONESTY, RESPECT of AUTHORITY
- Make sure you are a good example.
    - Get up every day and go to work.
    - Don’t whine and complain in front of your children about work. Talk to your spouse instead.
    - Don’t ever call in sick when you are not sick.

DISCIPLINING YOUR CHILDREN

> **Heb 12:5-11** *My son, do not regard lightly the discipline of the Lord, nor lose courage when you are punished by him. 6 For the Lord disciplines him whom he loves, and chastises every son whom he receives.” 7 It is for discipline that you have to endure. God is treating you as sons; for what son is there whom his father does not discipline? 8 If you are left without discipline, in which all have participated, then you are illegitimate children and not sons. 9 Besides this, we have had earthly fathers to discipline us and we respected them. Shall we not much more be subject to the Father of spirits and live? 10 For they disciplined us for a short time at their pleasure, but he disciplines us for our good, that we may share his holiness. 11 For the moment all discipline seems painful rather than pleasant; later it yields the peaceful fruit of righteousness to those who have been trained by it.*

- This topic can be a difficult one because you and your spouse may not agree with how and when to discipline the children. And no 2 children are the same. Some need more discipline and some need less.
- (HENRY AND JODY: give examples of appropriate forms of punishment based on age . . e.g. pushups, burpees, time out, no phone, corporal, chores, The Bench . . . etc.)
- Corporal punishment should be the last resort. And probably no longer effective after the age of 5. If you have done a good job of being a loving disciplinarian, corporal punishment will not be needed, in general.
- Listen to your spouse if they have feedback on how you are applying discipline. Take the feedback and don't be prideful in changing your mind or apologizing for what you have done.
- As fathers, we need to admit when we are wrong, especially regarding corporal punishment. Always "cool down your temper" before administering any discipline.
    - o Talk it over with your spouse.
    - o Pray about it
    - o Consult another parent you trust
- Tell your children that you don't want to punish them but there has to be some order in the family or things don't work well.
- What if the children are from another marriage?

• What if you have an older child that has “checked out” of the relationship? (establish a detailed contract with them and stick to it. Make it fair for both of you and modify it as needed.)

EDUCATING YOUR CHILDREN

• The Catechism of the Catholic Church states in paragraph 2223 that o Parents have the first responsibility for the education of their children.

It is our obligation and duty to provide education to our children.

• Schooling: reading, writing, arithmetic, etc. • Religious education:

- o Teach them how to have a relationship with God.
- o Teach them the faith. What and why we believe what we do.
- o Don’t just teach them prayers, teach them how to pray.

• Be sure and attend Sunday Worship. • Establish traditions like praying the Angelus at the appointed times • They need to learn the bible, the Word of God.

- o Play games, take time on Sundays, for example to give them a short lesson.

• Establish the habit of nightly prayer as a family

- Watch faith-based movies (e.g. the Chosen, the Saints . . . etc.)
- A study revealed that if a father does not go to church, even if his wife does, only 1 child in 50 will become a regular worshiper. If a father goes regularly, regardless of the mother's practice, between 67% and 75% of their children will attend church as adults.
- FATHERS ARE IMPORTANT!

ESTABLISHING A FAMILY LIFE

- Spend time with each other . . . vacations, theme parks, camping (mention scouts)
- Celebrate birthdays, anniversaries, graduations
- Spend time with other like-minded families (Henry mention the Divine Mercy group)
- Show your children that Daddy loves Mommy. Be affectionate with your spouse. Hug and kiss your children.
- Pray for your children. Three of the most important, life-changing experiences they will encounter are:
    - 1. Where they will work, 2. who they will marry and 3. their relationship with Jesus Christ.
    - Pray for their future spouses. Pray for their future work. Consecrate them to the Lord when they are infants (Henry to mention what this looks like)

MENTORSHIPS

If you are having serious issues with your children that you find impossible to deal with, reach out for help.

- Utilize relatives with which the child has a good relationship
- Have a good family friend intervene
- Find a good family counselor
- Find a good program, such as Project Mentor

To summarize,

- There is no “one correct way” to raise children.
- Each child is different and will require special thought and consideration when addressing any parental situations.
- Pray for guidance and wisdom
- Consult others and filter out what you think will work and add your own ideas.
- Work together as husband and wife.