



Recommended Resources

Middle School Co-teachers

Healthy Family Relationships

21 WAYS TO CONNECT WITH YOUR KIDS

Kathi Lipp

Develop a strong relationship with your children by creating daily habits that can be practiced even in the midst of hectic days.

BOUNDARIES WITH KIDS

Henry Cloud and Dr. John Townsend

Raise kids who take responsibility for their lives and attitudes. Learn how to set loving limits, define appropriate boundaries and consequences for children, and much more.

BOUNDARIES WITH TEENS: When to Say Yes, How to Say No

Henry Cloud and Dr. John Townsend

Strong, healthy boundaries are the key to a strong, healthy relationship with your teen. Discover how to set healthy boundaries for both yourself and your teen to enhance your relationship and their relationships with others. Includes section on how to deal with special situations like drug and alcohol use, cutting, sex, defiance, school, and disrespect.

THE FIVE LOVE LANGUAGES OF CHILDREN

Dr. Gary Chapman and Dr. Ross Campbell Are you expressing your love in a way your child understands?

Discover your child's unique communication style so you can better meet his or her deepest emotional needs. From quality time to physical touch, these five "love languages" hold the key to your child's development and success.

THE FIVE LOVE LANGUAGES OF TEENAGERS

Dr. Gary Chapman

Teens face social, mental, and spiritual peer pressure every day but it's their parents who can influence them the most. Learn the language of effectively communicating affection to your teenagers; discover input that nurtures their sense of responsibility, spiritual identity, and security in Christ; and develop boundaries that are enforced with discipline and responsibility. Includes "The Five Love Languages" Personal Profile.

HOW TO WIN AT SPORTS PARENTING

Jim and Janet Sundberg

Drawing from a rich background in sports, parenting, and family development, World Series hero Jim Sundberg and his wife, Janet, teach that the sports experience can provide unique opportunities for kids to deal with emotions and develop the skills necessary for healthy, life-enhancing interactions with others. But for this to happen, moms and dads need a practical plan.

THE JESUS SURVEY: What Christian Teens Really Believe and Why

Mike Nappa

Who do Christian teens say Jesus is and what does he mean in their lives? Nappa shares the results of a nationwide survey of Christian teenagers from sixteen different denominations. Includes discoveries of how core beliefs about Jesus--and the Holy Spirit, prayer, evangelism, and more--influence the way a teen actually experiences God personally and offers ideas for helping teens overcome faulty perceptions. A guide for helping teens nurture an authentic, satisfying, and vibrant relationship with Christ.

THE KEY TO YOUR CHILD'S HEART

Dr. Gary Smalley

Offers steps to help raise motivated children. Cuts to the heart of the anger and alienation that mar so many modern homes. Outlines effective steps for parents to open up a child who has shut them out. Describes family-tested ways for parents to set limits and enforce them, and achieve a close-knit family.

THE LANGUAGE OF LOVE

Dr. Gary Smalley, John Trent, Ph.D.

Words have incredible power, especially when they say what you mean. Shows how "emotional word pictures" can infuse understanding and intimacy into all your relationships.

PARENTING TODAY'S ADOLESCENT

Barbara and Dennis Rainey

Normally confident moms and dads grow weak-kneed when their children enter puberty. Maps out the unfamiliar, demanding landscape of both pre-adolescence (ages 10-12), as well as the teen years that follow. "Preadolescence is when convictions are shaped; adolescence is when convictions are tested," they advise parents. Helps build a satisfying relationship while forging a vision for a productive, God-honoring life.

PARENTING WITH LOVE & LOGIC

Dr. Foster W. Cline and Jim Fay

www.loveandlogic.com

PARENT'S GUIDE TO UNDERSTANDING TEENAGE GIRLS

Mark Oesticher and Brooklyn Lindsey

Helps you re-examine some misunderstandings about this season of life and explore the major changes of adolescence, the influence of parents and friends, the onslaught of feelings, and the significance of celebrating milestones in a girl's life.

PASSPORT TO PURITY: Weekend Retreat Kit

Dennis and Barbara Rainey

Everything you need to plan an interactive, life-changing weekend retreat with your preteen. Your child begins the journey into adolescence in a world of sexting and bullying. Innocence is under attack. Assists you in setting your son or daughter on a journey of moral integrity - and strengthens communication between you.

PREPARING FOR ADOLESCENCE

Dr. James Dobson

Help for talking to your children about sensitive topics. Prepare your child to go into the teen years confident and read to face the challenges of adolescence and beyond.

RAISING A MODERN-DAY KNIGHT

Robert Lewis

Draws parallels between the customs of pursuing knighthood in the medieval era and achieving manhood today. It's a meticulous process that requires vision, goals and an uncompromising character. Provides advice to help you courageously lead your son into a biblical masculinity that will impact others.

RAISING RESPECTFUL CHILDREN IN A DISRESPECTFUL WORLD

Jill Rigby

You can raise respectful kids. Offers advice for how to succeed by modeling respect, helping your kids find purpose and learn perseverance, setting and maintaining healthy boundaries, and other useful practices.

RAISING UNSELFISH CHILDREN IN A SELF-ABSORBED WORLD

Jill Rigby

After decades of experimenting with child-focused parenting, parents are beginning to realize that the result is often self-centered children who tend toward egotism, selfishness and mediocrity. Reveals the dangers of the self-esteem parenting philosophy and challenges parents to teach their children to be unselfish givers instead. Learn how to equip children to interact with kindness and respect in a world outside themselves.

RELEASING YOUR CHILD

Dennis and Barbara Rainey

<http://www.familylife.com/articles/topics/parenting/essentials/releasing-your-child#.UbKK2nYo5dg>

Web site with articles on celebrating "sweet 16," navigating the college maze, trusting God's plan for your child's life as you release him or her to college, and more.

SHAPING THE MAN INSIDE TEENAGE BOYS

William Beausay

Offers six fresh principles that can help you overcome your fears and powerfully shape the man inside your teenage boy.

SHEPHERDING A CHILD'S HEART

Tedd Tripp

Grounded in the Bible's divine plan for parenting, this guide defines your goals as a parent and provides the scriptural methods for accomplishing them.

SO LONG, INSECURITY: Teen Edition

Beth Moore and Susan Weibel

This magazine-style book is a teen version of *So Long, Insecurity* by Beth Moore. Mixing words of wisdom with pictures, quizzes, surveys, scripture, and more, the goal of this book is to help girls live based on God's truth about them, opposed to the world's false messages.

WISDOM ON...

Mark Matlock

A series of short books making practical application of wisdom literature and other Scripture on a variety of topics facing students. Designed to help students apply biblical principals of wisdom to everyday circumstances. Each book is a collection of case studies, key scriptures, interactive activities, and helpful insights to assist teen-agers in their growth of wisdom. *Wisdom on Growing in Christ* and *Wisdom on Friends, Dating, and Relationships* are used as part of the 10th-12th grade Leadership curriculum.

YOUR HERITAGE: How to Be Intentional About the Legacy You Leave

J. Otis Ledbetter and Kurt Bruner

Focuses on three critical areas of every legacy—the spiritual, emotional, and social—and presents a common-sense, intentional approach for strengthening your roots by understanding the heritage you were given, breaking the cycle of hurt, and charting a new course for the future.

Education & Instruction

10 WAYS TO HELP YOUR KIDS DO WELL IN MATH

<http://school.familyeducation.com/math/parenting/38812.html>

ANSWERS IN GENESIS VIDEOS

<http://www.answersingenesis.org/kids/videos>

EQUIP KIDS FOR LIFELONG LEARNING

http://www.focusonthefamily.com/parenting/schooling/equip_kids_for_learning.aspx

HEALTHY SCHOOL LUNCHES

http://kidshealth.org/kid/nutrition/food/school_lunches.html#

HOW GREAT IS OUR GOD, PART 1

Louie Giglio

<http://www.youtube.com/watch?v=RKMw1ndl-EY&feature=related>

HOW GREAT IS OUR GOD, PART 2

Louie Giglio

<http://www.youtube.com/watch?v=UBkY1Ff46Bg&feature=related>

HOW IT'S MADE

<http://science.discovery.com/tv-shows/how-its-made>

IT COULDN'T JUST HAPPEN

Lawrence Richards

Offers solid, Biblical answers to some of the tough questions kids ask about evolution and our world. Defines Creationism and allows kids (and parents) to develop confidence in their faith, while explaining the beliefs of those who think that life came into existence without God.

CONCEPT REVIEW

Khan Academy: Features a library of over 2,700 instructional videos and 240 practice exercises covering a variety of subjects, including many elementary mathematics topics. A not-for-profit organization. Students can create an avatar and earn badges. <http://www.khanacademy.org/>

MATH CONCEPT REVIEW

Analyzing tables, Saxon: http://www.haelmedia.com/html/mc_m54_004.html

Solving story problems, Saxon: http://www.haelmedia.com/OnlineActivities_txh/mc_txh4_003.html

Rounding: <http://www.mrnussbaum.com/mathmillions/index.html>

Rounding, Saxon: http://www.haelmedia.com/html/mc_m54_001.html

Arrays, Saxon: http://www.haelmedia.com/OnlineActivities_txh/mc_txh4_002.html

Symmetry, Saxon: http://www.haelmedia.com/OnlineActivities_txh/mc_txh4_001.html

Angles, Saxon: http://www.haelmedia.com/html/sg_m54_001.html

National Library of Virtual Manipulatives: This website links to hundreds of "virtual manipulatives," which can help students visualize and better understand concepts covered by the Everyday Mathematics curriculum. <http://nlvm.usu.edu/>

XtraMath: A free web-based program that helps students master basic addition, subtraction, multiplication, and division facts. Students learn to recall them quickly and accurately and can then use these math facts as a basis on which to build more complex problem-solving skills. Non-profit organization. <https://www.xtramath.org/>

Figure This: Math challenges that middle-school students can do at home with their families. Includes tips for helping with math homework, working with teachers, and more. <http://www.figurethis.org/index.html>

IXL: Provides a fun and engaging environment in which students can practice their math skills and be rewarded for their hard work. If you purchase a membership, you can also set goals, track students' progress, and monitor their usage information. <http://www.ixl.com/>

NCES Kids' Zone: provides information to help students decide on a college; quizzes, games, and skill building in math, probability, graphing; learn about mathematicians, and more. <http://nces.ed.gov/nceskids/index.asp>

MATH FACT PRACTICE GAMES

Addition: <http://www.mathsisfun.com/games/mathionaire-addition-quiz.html>

Multiplication: <http://www.hbschool.com/activity/mult/mult.html>

Subtraction: <http://www.quia.com/rr/10279.html>

Various: One- and two-person versions of "Connect Four" help reinforce addition, subtraction, multiplication, and division skills. <http://www.shodor.org/interactivate/activities/ArithmeticFour/>

MATH FACT PRACTICE WORKSHEETS

<http://www.math-drills.com/> Saxon: http://www.haelmedia.com/basic_fact_sheets/index.html

MEN AND WOMEN OF FAITH SERIES

Various authors, Bethany House Publishers

Gathered from across centuries and continents, these biographies each provide an inspiring example of a person dedicated to living fully for God. Whether missionary, writer, theologian, or ordinary citizen, each person's story offers encouragement and an appreciation of our spiritual history. Titles include Jim Elliot, C.S. Lewis, D.L. Moody, Hudson Taylor, Harriet Tubman, Susanna Wesley, and more.

NASA

<http://www.nasa.gov>

SCHOLASTIC FLASH CARDS MAKER

<http://www.scholastic.com/kids/homework/flashcards.htm>

SCHOOL STARTS AT HOME

Cheri Fuller

You are your child's most important teacher. Foster a stimulating, creative, and fun environment for learning. Parents are uniquely positioned to lead their child to healthy study habits and an appreciation of lifelong education. You can do it and it all starts at home.

THE SMITHSONIAN

<http://www.si.edu/>

TALKERS, WATCHERS, & DOERS

Cheri Fuller

There are many learning styles, but children usually fall into one of these three: auditory, visual, or kin-esthetic. Each style brings unique perspective and aptitudes. By understanding your child's basic learning style and intelligence gifts, you can tailor a learning environment to specifically suit his or her needs.

THE WAY THEY LEARN

Cynthia Tobias

Gain a better understanding of the learning approaches that will help your children do better in school. Once these approaches are understood, any parent or teacher can become more effective in helping children grasp confusing concepts, stay interested in lessons and utilize his or her greatest strengths.

Managing Stress

HELP FOR FRUSTRATED MOTHERS

Grace Ketterman and Pat Holt

All mothers experience frustration, stress, and difficulty in coping with their children at times. When faced with this stress, many mothers resort to yelling at their kids in order to gain some control over what feels like an out-of-control situation. Practical steps are given for choosing more effective and positive ways to get children to do

what they must do. The second part of the book offers commonsense answers to specific questions relating to all areas of child rearing from infancy through the teen years.

MARGIN: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives, Revised

Dr. Richard A. Swenson

Provides a prescription against the danger of over-committed lives, focusing on margins—the space between ourselves and our limits—in four key areas: emotional energy, physical energy, time, and finances.

THE OVERLOAD SYNDROME: Learning to Live Within Your Limits

Richard A. Swenson

Tired of running around wondering what the definition of "spare time" is? Offers 175 "prescriptions" to counteract stress while restoring time and space to rest and heal. You'll be amazed at life's beauty, not overwhelmed by its blur.

SIMPLIFY YOUR LIFE

Marcia Ramsland

Reduce the mess and stamp out stress. A grace-oriented approach to organizing your home, your time, and your life. Master the "2-minute pickup" method for cleaning any room, create a "personal organizing center" and learn to spot the red flags of disorganization that keep your home from the relaxing place it was meant to be.

WOMEN WHO DO TOO MUCH

Patricia Sprinkle

Are you tired of being all things to all people? Are you overwhelmed by busyness, guilt, and stress? Addresses the needs of women today, showing you how to do less, live better, and accomplish what truly matters. By tackling the larger issues of goals and commitments first, you then are led to determine what God created you to do and focus on doing just that. Also includes tips to help you handle the demands of everyday life, plus quick, simple exercises to help you apply what you learn.