

FOCUSING ON THE FAMILY
Part Thirty-Three: Raising Your Children (cont.)

I. THE ISSUE OF INTEMPERANCE

- Generally, children struggle with intemperance in these areas:
 - Sleeping
 - _____ and drinking
 - Spending
 - _____
 - Expressing anger

II. INTEMPERANCE IN SLEEPING

A. The _____ of sleep:

1. A _____ from God

- Ps. 127:1-2: _____

2. Made sweeter by wisdom and _____

- Prov. 3:21-26:
 - The blessing of pillowing your head with a clean _____ (vs. 21-24):
 - Uninterrupted by worry, guilt or fears
 - Undisturbed by sin's destructive effects
 - The blessing of pillowing your head with _____ in God (vs. 25-26)

3. A _____ for hard labor

- Eccl. 5:12: _____

B. The proper boundaries for sleep:

1. Not getting _____ sleep

- Usually from staying up too _____
- Issue: stewardship of health and life

2. Getting too _____ sleep

- Usually from sleeping in too late
- Issue: stewardship of _____ and life

C. How much sleep kids need:

- Average sleep requirements:
 - Newborns 14-17 hours
 - Infants 12-15 hours
 - Toddlers 11-14 hours
 - Preschoolers 10-13 hours
 - School-age kids 9-11 hours
 - Teens 8-10 hours

D. When Kids Get Too _____ Sleep:

- _____ issues:
 - Stunted growth, _____, high blood pressure, diabetes, allergic rhinitis, weakened immune system, other possible long-term impacts
- Behavioral issues:
 - _____, impulsivity, risk-taking behaviors
- Cognitive issues:
 - Forgetfulness, difficulty learning, shortened _____ span
- _____ issues
- _____ issues:
 - Irritability, anxiety, _____, depression, increased risk of self-harm

E. When Kids Get Too _____ Sleep:

- Lost _____
 - Prov. 6:9-11: _____
- Lazy life habits
 - Prov. 24:30-34: _____
- _____ prospects
 - Prov. 20:13: _____
 - Prov. 19:15: _____
- Lackluster _____
 - Prov. 10:5: _____

F. Maintaining the Right _____:

- Maintain a good sleep schedule yourself.
- Establish a reasonable age-based _____ and stick to it.
- Maintain a good bedtime _____ with younger children.
- When morning comes early, get children to bed _____ the night before.
- Minimize _____ time before bed.
- Don't allow kids to take electronic devices to _____ with them.
- Avoid sugar and _____ before bed.
- Establish a good sleep _____ for your children.
- Although everyone needs to "sleep in" occasionally, don't allow children to avoid profitable activities and _____ by sleeping in.
- Teach older kids to get up to their own _____.