

FALL 2019

THE

PARENT

INSIDER



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## 5 Things Millennial Parents Are Doing Better Than Their Parents

By Jerry McCall

When you think of family values, do millennial parents come to mind? Or do you tend to think of millennials as more of the hook-up culture and assume that having children doesn't really fit their lifestyle?

The millennials often get a bad rap! But research and statistics indicate that millennials—those born between 1981 and 1996—may be the most family-oriented generation in the last 50 years. Perhaps many of the younger

generation haven't bought into the kid-free, commitment-free lifestyle as much as it appears in the media.

When it comes to family, millennials are trying to do it better than previous generations did. Here's how.

**Article continued on Pg 4.-5**

### INSIDE THIS ISSUE

Article	1
Teen Fast Stats	1
In the News	1
Trends	2
Featured Films	3
Other Top Movies	3
Article Cont.	4-5
FlipSide Fall Events	6
FlipSide Lesson Series	6
Monthly Calendar	7-8

### Teen Fast Stats

**46.2% of American 16-year-olds obtained their driver's license in 1983. In 2014, that number had dropped to 24.5%. (University of Michigan's Transportation Research Institute)**

**31% of U.S. households do not have a broadband connection. (NPD Group)**

### In the News: EXPOSURE TO MEDIA VIOLENCE

It seems that every day we encounter numerous news reports of violent outbursts by children and teens. While fallen and sinful humanity has always struggled to deal with violence, we find ourselves living in a culture that depicts and even glorifies violence through the entertainment media. The folks at Common Sense Media remind us that although no one single factor can cause a nonviolent person to act aggressively, heavy exposure to media violence is in fact a risk factor for violent behavior. And children who are exposed to media violence along with seeing aggression and violence in their homes, are even more prone to violent and aggressive behavior themselves. Parents, we must point our kids to Christ-like behavior, including non-violence and love for neighbor. Expose your kids to positive media. Say no to violent media. Wean your kids off of violent video games and replace that time with family fun. Nurture your kids into loving and pursuing the peace of Christ.

## Latest Research: GIRLS AND BULLYING

Bullying used to happen primarily on the playground or in the local neighborhood after school. And with boys doing most of the bullying, it was rare to see a female pushing someone else around. But in today's social media driven world of childhood and adolescence, the tables have turned. New research from Rutgers University reports that girls are more often bullied than boys, and that females are more negatively affected by bullying. The researchers are concerned because bullying is associated with depressive symptoms, suicidal ideation, suicide planning, and suicide attempts. While bullying behavior is wrong in all cases, parents should be aware of this new research on bullying and our girls. Teach your girls to conduct themselves online and offline in a Christlike manner. And, be sure to talk to your girls about the kinds of interactions they are encountering online. We must build each other up rather than tear each other down.



## Trending: SEEKING CELEBRITY STATUS

Jesus told his followers in all times and all places that the foundational command that should drive every endeavor of life is to love the Lord your God with all your heart, mind, soul, and strength, and to love your neighbor as yourself. Everything we have, do, and are should be directed towards loving and glorifying God. One of the great cultural realities that pushes kids away from this Godward trajectory is fueled by social media. Our kids are now surrounded by celebrities who are rich and famous and who encourage our kids to pursue the same end. Recently, 21 year-old reality tv star and social media icon Kylie Jenner, was named by Forbes magazine as the youngest self-made billionaire ever. With 128 million Instagram followers, Kylie Jenner is truly a leader so many have gotten in line behind to follow. This reality makes it all the more important for us to be nurturing our kids in the faith from the earliest age, praying that they would choose first to follow Jesus.

## ALCOHOL ADVERTISING

A recent report from the John Hopkins Bloomberg School of Public Health is sounding the alarm about alcohol advertisements and the effect they have on our kids. Of particular concern is the finding that African American youth are known to receive larger pressure to drink from alcohol advertisements in magazines and in other forms of media than their Caucasian peers. In fact, binge-drinking and alcohol consumption seem to be common visual fare in hip hop music videos. Of course, alcohol advertising has an effect on all impressionable young viewers who are seeking answers to the two basic developmental questions kids endeavor to have answered. First, who am I? And second, what do I believe? Kids are especially vulnerable at this stage of life. As always, we encourage parents to talk to their kids about the moral, spiritual, and physical dangers of substance abuse. And, we encourage you to teach them to recognize when and how they are being marketed to.



Source: CPYU

## DEPRESSION, ANXIETY & TOP STRESSES

With stress and anxiety off the charts among our children and teens, it's important that we understand some of the more common causes so that we might focus on prevention in order to have to focus less on intervention and treatment. With studies showing that almost one in four kids will experience depression before they are nineteen, we need to know what experts are citing as some of the main causes. First, there's the pressure to do well at school. Second, school exams are a cause for stress. Kids don't want to fail or disappoint their parents. Third, there's peer pressure. There is tremendous pressure to fit in. Fourth, there's bullying, which has ramped up due to the 24/7 nature of cyber-bullying. Fifth, kids are feeling stress due to world events, including things like war and natural disasters. And finally, there are the stresses related to family difficulties, changes, and breakdown. Parents, be aware of these factors, and point your kids to Jesus and the peace that passes understanding.



# Featured Films: Coming this Fall

Opens Sept. 6, 2019



**Cast:** James McAvoy, Jessica Chastain, Bill Hader, Isaiah Mustafa, Jay Ryan

**Rated R- disturbing violent content and bloody images throughout, pervasive language, and some crude sexual material**

## Plot Summary

Twenty-seven years after the Losers Club defeated Pennywise, he has returned to terrorize the town of Derry once more. Now adults, the Losers have long since gone their separate ways. However, kids are disappearing again, so Mike, the only one of the group to remain in their hometown, calls the others home.

Opens Nov. 22, 2019



**Cast:** Kristen Bell, Idina Menzel, Josh Gad, Jonathon Groff

**Rating Not Available**

## Plot Summary

Anna, Elsa, Kristoff, Olaf and Sven leave Arendelle to travel to an ancient, autumn-bound forest of an enchanted land. They set out to find the origin of Elsa's powers in order to save their kingdom.

Check out [www.pluggedin.com](http://www.pluggedin.com) for more information on new movie releases

Other Movies coming to Theaters This Fall

Title	Rating	Red Flags	Genre	Starring
<b>Rambo: Last Blood</b> Opens Sept. 20	R	strong graphic violence, grisly images, drug use and language.	Action	Sylvester Stallone, Paz Vega, Sergio Peris-Mencheta , Yvette Monreal
<b>Joker</b> Opens Oct. 4	R	strong bloody violence, disturbing behavior, language and brief sexual images.	Thriller	Robert De Niro, Joaquin Phoenix, Marc Maron
<b>The Addams Family</b> Opens Oct. 11	PG	macabre and suggestive humor, and some action.	Animation /Comedy	Oscar Isaac, Charlize Theron, Chloe Grace Moretz, Finn Wolfhard
<b>Zombieland: Double Tap</b> Opens Oct. 18	NR	N/A	Comedy /Action	Woody Harrelson, Abigail Breslin , Emma Stone, Jesse Eisenberg
<b>Maleficent: Mistress of Evil</b> Opens Oct. 18	NR	N/A	Adventure /Fantasy	Angelina Jolie, Elle Fanning, Michelle Pfeiffer, Sam Riley, Juno Temple
<b>A Beautiful Day in the Neighborhood</b> Opens Nov. 22	NR	N/A	Drama	Tom Hanks, Matthew Rhys, Susan Kelechi Watson, Wendy Makkena, Chris Cooper

### **1. Millennial men are more involved in helping run the household.**

In the '60s, my mother did almost all of the household chores and took care of the kids. When I became a husband and father, I helped much more than my father did. But my wife was still the default cook and launderer. With millennials today, the father regularly surpasses my contributions—often because the mother works outside of the home too. A 2015 survey by Working Mother Research Institute found that millennial dads are more likely to help around the house than previous generations. Melinda Gates made a splash recently in the headlines when she said that Bill was doing most of the trips to the carpool line at their kid's school. Even though Bill is a baby boomer, his willingness to be involved puts him in a category closer to millennial dads in terms of progressiveness.

Some families have chosen to do a complete role reversal with a career mother and a stay-at-home dad. Even so, it's widely known that women do more of the housework and care of the children than the father in most cases. Working mothers are still largely responsible for the care of the children. What will the next generation do?

**Note to millennials:** Mommas, Be careful not to judge your spouse about whether they're doing their half of the work. Love and help each other. Communicate instead of competing or comparing.

### **2. Millennials are putting a higher value on children and families.**

Statistics bear this out. Millennials have increased the birthrate over the previous generation. An Associated Press review cited birthrates per woman reached the magical 2.1 population replacement rate in 2006 for the first time since 1971. Did watching *Eight Is Enough* or *19 Kids and Counting* encourage this attitude? Possibly.

Or perhaps after growing up in a smaller family with their baby boomer and Generation X parents, millennials felt they were missing something and

wanted more. One survey of high school students showed that 77% of students nationwide say "raising a family" is an "essential" or "very important" life objective. That's 18 points higher than the same survey showed in 1977.

Millennials could be stronger advocates for the family than their parents. Their perspective about kids seems to be more reflective of that of King David, "Children are a heritage from the Lord, offspring a reward from him" (Psalm 127:3).

**Note to millennials:** Don't make family your idol—don't worship it. Build your life on Jesus and help your family to do the same.

### **3. Millennials are willing to put their kids ahead of their careers.**

While their parents and grandparents built the family around their careers, more and more millennials are looking for ways to build their careers around their family. Many companies are finding that in order to keep highly-qualified individuals, they need to accommodate employees' requests to work off-site from home, often at a great distance. This has changed the landscape of the modern workplace, which is looking much more like a dining room table than a cubicle.

Some mothers and fathers are also trying to juggle schedules so that only one caregiver is working at a time. One may work mornings and early afternoons while the other works mostly in the evening. The children always have a parent with them.

My son-in-law was offered an IT job in the heart of the city in a down job market, but chose to pass it up because of the one-and-a-half-hour commute. He said he couldn't imagine taking three hours a day away from his family in addition to his working hours. His present job is about a 45-minute commute and he's working from home whenever he can.

Millennials are looking at balancing career and family in a completely different way than their parents. They are trying to find ways to be there for their kids 24-7.

**Note to millennials:** Be careful. As you try to build your life around your family, don't make your kids feel as though they are entitled and the center of the universe. Let them learn the value of delayed gratification. Prioritize your marriage above the kids—it's the best thing for them.

#### 4. Millennials spend more time with their kids.

Since millennials are choosing family preferences over career preferences, it follows that they've got more time at home. And they're using it in the right way: to invest in their children.

The boomer generation tried to do better than their parents. A 2016 study, published in the *Journal of Marriage and Family* showed that dads in the '60s spent about 16 minutes a day with their kids. Harry Chapin crooned "Cats in the Cradle" in 1974, singing, "When you coming home, dad?' 'I don't know when, but we'll get together then, son.'"

Millennial dads are doing it even better. Studies show that they're spending about an hour a day with their kids.

There really is no substitute for time. It's a great gift. When you're with your kids, they learn so much from just watching you. And when you're the one with them that much, you can have hundreds of conversations with your kids about all kinds of topics, some important and some mundane. All of these moments and conversations are important in building healthy children.

**Note to millennials:** Careful not to make your goal being your kid's buddy. They still need you to be their parent. Approachable and available—sure! But still the one in authority.

#### 5. Millennial parents are often more interested in good nutrition.

In a day when fast food is omnipresent, many

millennial parents are choosing healthier options for their kids. According to a survey by Influenster, 60% of moms surveyed said they pack lunch boxes differently than the way their own mothers did, the primary difference being that the food is more nutritious.

Millennials are also looking for more nutritious options in purchasing their food. Millennial families are often choosing locally grown and organic options. Millennial Marketing cites research that shows that households with children are more likely to purchase food at farmer's markets and food co-ops.

My own millennial daughter likes to make green smoothies for her children (don't ask what's in it). She puts all kinds of vegetables in their scrambled eggs. And they like it! You go, girl.

**Note to millennials:** Watch out for your kids' health in all ways—mentally, physically, and spiritually. Give them good nutrition in all of these areas. Guard them against toxins in these areas as well—like too much screen time or watching the wrong things.

Millennials are making a difference at home.

Millennials believe in family. They're doing their best to raise healthy kids. And they're making great strides. I'm excited about the next generation and their children.

Of course, they're making mistakes, too. All parents are sinful and broken—we need God's help and grace for every phase of parenting. But let's cheer each generation of parents on because we all know that raising healthy children takes heart, effort, hard work, and a lot of prayer!

Article found at [www.familylife.com](http://www.familylife.com)

# FlipSide Events this Fall

## September

**15h- Scavenger Hunt-** We will be having our annual scavenger hunt! Starts at 5 pm followed by FlipSide! Prepare for searching strange and unusual things and some awesome games!

**25th- See You at the Pole-** We will be encouraging student's to go to their schools flagpole 45 mins before school to spend time with others praying for our community, schools, students and teachers. This is a great opportunity for students to step out and express their faith to those around them.

**29th- Outreach Night-** Every 5th Sunday is our outreach night. Plan on arriving at 5 pm. We will be assembling some goodies, then heading out to visit some of FFC's shut-ins to minister and encourage them.

## October

**5th- Corn Maze-** We will be heading to Tom's Corn Maze. Meeting at FFC at 5:30 pm. Bring money for dinner, which will be at the maze. Maze ticket cost is \$9. We will return around 10:30 pm.

**18th-20th- Fall Retreat-** It's that time for Fall Retreat. We will be heading back to Lakeview Lodge in Seymour, IN. Cost is \$60 if paid in Sept. \$70 in Oct. Our theme this year is "CommUnity: Beyond our preference to Christ's purpose". It's going to be a great weekend of bible study, friends, food, games and more! Pick up a registration packet Sept. 1.

**20th- No FlipSide**

## November

**3rd- Bonfire Extravaganza-** Join us on the 3rd for a great time of a fall games, snacks and more! Meet at FFC at 5 pm!

## December

**13th- Christmas Party-** We will be having our Christmas Party starting at 7 pm. Our white elephant gift exchange will be back plus much more! Pizza will be provided.

\*Pick up a full fall schedule in the youth room.

### What are we learning at FlipSide?

**Sept. 22- Sacred Selfies- Identity and Oneness in Christ**

**Sept. 29 - Sacred Selfies- Comparison vs. Loving Others**

**Oct. 6- Sacred Selfies- Transformation**

**Oct. 13- Sacred Selfies- Loving Our Enemies**

**Oct. 20- No FlipSide- Fall Retreat Weekend**

**Oct. 27- Messy- Mercy**

**Nov. 3 - Messy- Action**

**Nov. 10 - Messy- Sacrifice**

**Nov 17- Messy- Love and Salvation**

**Nov. 24 - No FlipSide**

**Dec. 1 - Broke- Character**

**Dec. 8 - Broke- God's Love**

**Dec. 15 - Broke- Redemption and Service**

### Coming in 2020

FlipSide Lock-in- January 19

# S E P T E M B E R 2 0 1 9

S U N	M O N	T U E	W E D	T H U	F R I	S A T
1SS @ 9:30 am FlipSide @ 6 pm	2	3	4	5	6	7
8 SS @ 9:30 am FlipSide @ 6 pm	9	10	11	12	13	14
15 SS @ 9:30 am Scavenger Hunt FlipSide @ 6 pm	16	17	18	19	20	21
22 SS @ 9:30 am Church Picnic FlipSide @ 6pm	23	24	25 See You at the Pole	26	27	28
29 SS @ 9:30 am Outreach Night @ 5 pm	30					

# O C T O B E R 2 0 1 9

S U N	M O N	T U E	W E D	T H U	F R I	S A T
		1	2	3	4	5 Corn Maze
6 SS @ 9:30 am FlipSide @ 5pm	7	8	9	10	11	12
13 SS @ 9:30 am FlipSide @ 6 pm	14	15	16	17	18 Fall Retreat	19 Fall Retreat
20 Fall Retreat No FlipSide	21	22	23	24	25	26
27 SS @ 9:30 am FlipSide @ 6 pm	28	29	30	31		

# NOVEMBER 2019

S U N	M O N	T U E	W E D	T H U	F R I	S A T
					1	2
3 SS @ 9:30 am BonFire @ 5pm	4	5	6	7	8	9
10 SS @ 9:30 am FlipSide @ 6 pm	11	12	13	14	15	16
17 SS @ 9:30 am FlipSide @ 6 pm	18	19	20	21	22	23
24 SS @ 9:30 am FlipSide @ 6 pm	25	26	27	28	29	30

# DECEMBER 2019

S U N	M O N	T U E	W E D	T H U	F R I	S A T
1 SS @ 9:30 am No FlipSide	2	3	4	5	6	7
8 SS @ 9:30 am FlipSide @ 6 pm	9	10	11	12	13 Christmas Party @ 7pm	14
15 SS @ 9:30 am FlipSide @ 6 pm	16	17	18	19	20	21
22 SS @ 9:30 am No FlipSide	23	24	25	26	27	28
29 SS @ 9:30 am No FlipSide	30	31				