



---

THEMATIC OVERVIEW

*A time of learning, discussion, and prayer as we explore how to parent in the unique and not-so-unique challenges of a pandemic.*

*As a Grace Group, we will explore together some of parents' biggest questions and how to navigate them by God's grace. Tune in to gain tools and tips for having new conversations with your children with people who are 'in-process' and not pretending to be experts.*

**Welcome + Opening Prayer**

**Redirective Parenting as Corrective Parenting**

*See the back side of this page.*

**Discussion**

- What is a recent experience in your own life of what Chalmers describes as the “expulsive force of a new affection” that has helped to redirect you?
- What is a recent parenting situation in which you could have practiced one of the R.E.D.I.R.E.C.T. suggestions?
- What has been a highlight for you in this eight-week-long discussion? What is one thing I want to remember? What is one thing I want to do or do differently?

---

IN SUMMARY

*Find the previous discussion guides on our website:*  
[https://  
www.allsoulsseattle.org/  
resources/collections/  
pandemic-parenting](https://www.allsoulsseattle.org/resources/collections/pandemic-parenting)

---

RESOURCES

*[Faith in an Anxious World](#)  
[No Drama Discipline](#)  
[Connected Families](#)*

## Redirective Parenting as Corrective Parenting

John 10:10 I came that they may have life and have it abundantly.

The Expulsive Force of a New Affection by Thomas Chalmers

“And the more I considered Christianity, the more I found that while it had established a rule and order, the chief aim of that order was to give room for good things to run wild.” — G.K. Chesterton

Psalm 19:7 The law of the Lord is perfect,  
refreshing the soul.

The statutes of the Lord are trustworthy,  
making wise the simple.

8 The precepts of the Lord are right,  
giving joy to the heart.

The commands of the Lord are radiant,  
giving light to the eyes.

9 The fear of the Lord is pure,  
enduring forever.

The decrees of the Lord are firm,  
and all of them are righteous.

10 They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the honeycomb.

11 By them your servant is warned;  
in keeping them there is great reward.

**R**educe words;

**E**mbrace emotions;

**D**escribe don't preach,

**I**nvolve your child in the discipline,

**R**eframe “no” into a conditional yes,

**E**mphasize the positive,

**C**reatively approach the situation,

**T**each “mindsight tools”

Mindsight Tools are specific to Siegel's ideas about how people have insight about themselves and empathy for others. This is basically a way to build self- and others-awareness and it is often achieved through asking questions and being patient to create reflective moments. When it comes to kids, mindsight is all about helping them understand that they aren't simply victims of external forces, but also are active players in their own situations. If every adult complaining about a boss/ the government/ “society” would practice this technique, the whole world would be a less tantrum-filled place.