



# PARENTING YOUR NEW BABY

A GUIDE TO MAKING THE MOST OF THE "I NEED YOU NOW" PHASE



KRISTEN IVY AND REGGIE JOINER



# PARENTING YOUR KINDERGARTNER

A GUIDE TO MAKING THE MOST OF THE "LOOK AT ME!" PHASE



KRISTEN IVY AND REGGIE JOINER

PREVIEW



# PARENTING YOUR SIXTH GRADER

A GUIDE TO MAKING THE MOST OF THE "WHO CARES" PHASE



KRISTEN IVY AND REGGIE JOINER



# PARENTING YOUR ELEVENTH GRADER

A GUIDE TO MAKING THE MOST OF THE "JUST TRUST ME" PHASE



KRISTEN IVY AND REGGIE JOINER

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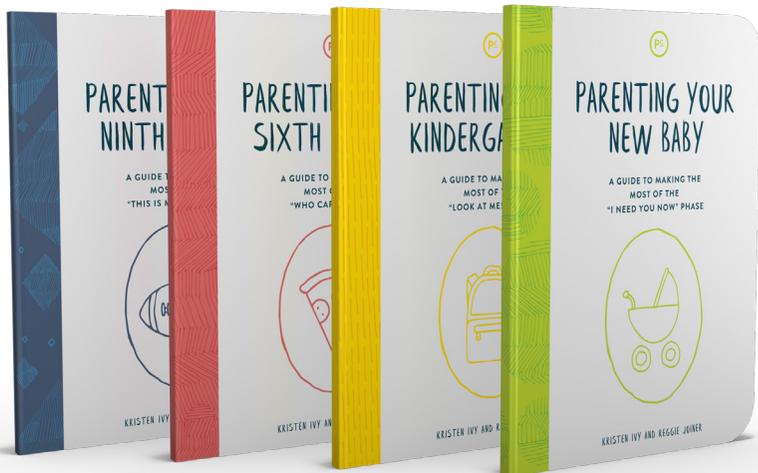
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# **PARENTING YOUR NEW BABY**

## **A GUIDE TO MAKING THE MOST OF THE “I NEED YOU NOW“ PHASE**

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©2017 Kristen Ivy and Reggie Joiner  
Authors: Kristen Ivy and Reggie Joiner  
Lead Editor: Karen Wilson  
Editing Team: Melanie Williams, Hannah Crosby, Sherry Surratt

Art Direction: Ryan Boon and Hannah Crosby  
Book Design: FiveStone and Sharon van Rossum

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# HOW TO USE THIS BOOK JOURNAL GUIDE

The guide you hold in your hand doesn't have very many words, but it does have a lot of ideas. Some of these ideas come from thousands of hours of research. Others come from parents, educators, and volunteers who spend every day with kids the same age as yours. This guide won't tell you everything about your kid, but it will tell you a few things about kids at this age.

The best way to use this guide is to take what these pages tell you about babies and combine it with what you know is true about your baby.

Let's sum it up:

**THINGS ABOUT BABIES + THOUGHTS ABOUT YOUR BABY =  
YOUR GUIDE TO THE NEXT 52 WEEKS OF PARENTING**

After each idea in this guide, there are pages with a few questions designed to prompt you to think about your kid, your family, and yourself as a parent. The only guarantee we give to parents who use this guide is: You will mess up some things as a parent this year. Actually, that's a guarantee to every parent, regardless. But you, you picked up this book! You want to be a better parent. And that's what we hope this guide will do: help you parent your baby just a little better, simply because you paused to consider a few ideas that can help you make the most of this phase.

WHEN YOU SEE  
HOW MUCH

*Time*

YOU HAVE LEFT

—

YOU TEND TO DO

*More*

WITH THE TIME  
YOU HAVE NOW.



THERE ARE APPROXIMATELY

**936 WEEKS**

FROM THE TIME A BABY IS BORN  
UNTIL THEY GROW UP AND MOVE TO  
WHATEVER IS NEXT.

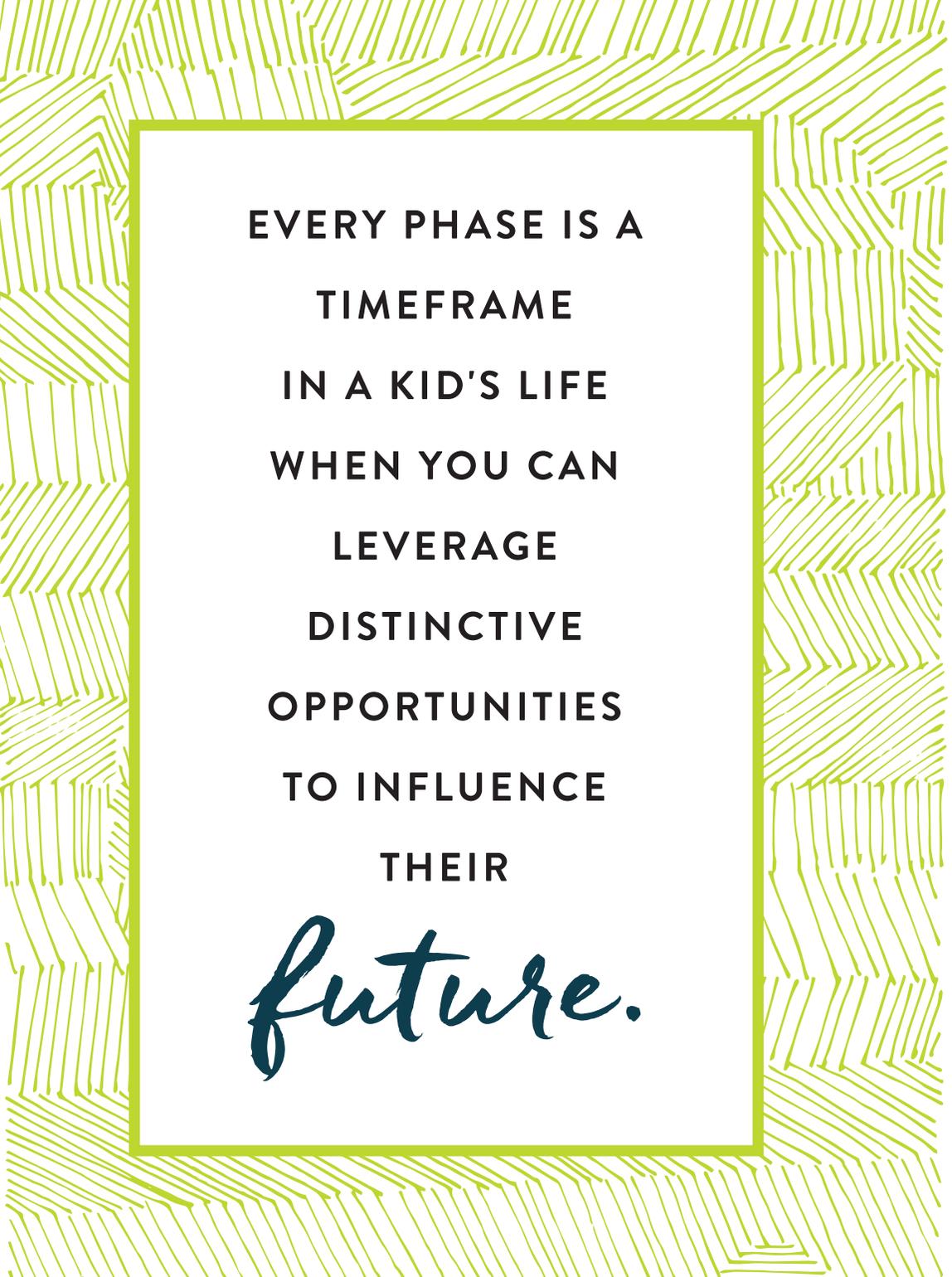
Right now, that might seem like a lot of weeks. The future probably still feels far away and full of possibility. But, the truth is your baby will grow up faster than you ever dreamed.

That's why every week counts. Of course, each week might not feel significant. There may be weeks in your baby's first year when all you really accomplish is feeding them. That's okay.

Take a deep breath.

You don't have to get everything done this week.

But what happens in your child's life week after week, year after year, adds up over time. So, it just might be a good idea to put a number to your weeks.



EVERY PHASE IS A  
TIMEFRAME  
IN A KID'S LIFE  
WHEN YOU CAN  
LEVERAGE  
DISTINCTIVE  
OPPORTUNITIES  
TO INFLUENCE  
THEIR

*future.*



YOU ONLY HAVE  
**52 WEEKS**  
WITH YOUR NEW BABY

*while they are still a baby.*

Then they will be a toddler,  
*and you will never know them as a baby again.*

Depending on which day you read this,  
that might be incredibly emotional,  
or it might be the best news you've heard all day.

---

Yes, eventually, your baby will  
become a toddler who . . .  
sleeps through the night.  
plays independently.  
learns to tell you what's wrong.

---

But, even before that happens, there are some opportunities  
you don't want to miss. So, as you count down the next 52  
weeks, consider what makes them uniquely different from the  
rest of the weeks you will have with your child as they grow.







# PARENTING YOUR KINDERGARTNER

A GUIDE TO MAKING THE  
MOST OF THE  
“LOOK AT ME!” PHASE



KRISTEN IVY AND REGGIE JOINER

# KINDERGARTEN



THE PHASE WHEN  
UNFILTERED WORDS  
MAKE YOU LAUGH,  
SCHOOL DROP-OFF  
MAKES YOU CRY, AND  
LIFE BECOMES A STAGE  
WHERE YOUR KID SHOUTS,

*"Look at me!"*

## GET READY FOR MEMORABLE STATEMENTS.

---

By this age, a child can speak in sentences . . . and long, wandering monologues. But you will be amazed and entertained by all the profound and uncensored things they say, like, “How did you get the wrinkles out of your hair?” and, “You’re talking so much I can’t hear you.”

## ADJUST FOR A CULTURAL SHIFT: SCHOOL.

---

This means less time for play, more early-morning alarm clocks, and a higher demand for focused attention. While kids at this age thrive on routine and predictability, they also crave opportunities to have a little unstructured play, a chance to skip and run, to throw and catch, and to use their imagination.

## GIVE SOME UNDIVIDED ATTENTION.

---

Where previously a kid might have been one adorable toddler drawing the attention of multiple adults, they are now in a classroom with multiple kids—some even as cute and as smart as they are. At school, at church, or on the soccer field, one thing is true: They want your undivided attention, so give it as often as possible.

The background features a central white rectangle with a yellow border. Surrounding this rectangle are various yellow geometric shapes, including circles, diamonds, and triangles, each filled with a dense pattern of fine, parallel lines. The overall aesthetic is modern and graphic.

THIS  
YEAR  
YOUR  
KINDER-  
GARTNER  
IS  
*changing.*

## PHYSICALLY

---

- Loses incisor teeth (6-8 years)
- Grows two to three inches and gains an average of five pounds
- Able to ride a bicycle, roller skate, and jump rope
- Draws a person with a body
- Needs 10-12 hours of sleep each night

## MENTALLY

---

- Can focus on one activity for 5-15 minutes
- Recognizes and names numbers, shapes, and colors
- Knows the difference between need vs. want and real vs. pretend
- Doesn't logically interpret cause and effect

## SOCIALLY

---

- Wants to please and help adults
- Has a hard time asking for help
- Needs guidance taking turns and losing well
- May show some (not much) gender preference for playmates

## EMOTIONALLY

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- Tends to be optimistic
- Can be fanatical about the truth
- Benefits from relaxation techniques (take a deep breath)
- Expresses feelings better through play and art rather than words
- Deals with fear and anxiety by distracting themselves
- Highly sensitive to harsh criticism, tone, and body language

**What are some changes you are noticing in your kindergartner?**

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**You may disagree with some of the characteristics we've shared about kindergartners. That's because every kindergartner is unique. What makes your kindergartner different from kindergartners in general?**

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The background features a central white rectangle with a yellow border. Surrounding this rectangle are various yellow geometric shapes: a semi-circle at the top, a circle at the top right, a diamond on the left, a large diamond on the right, and a circle at the bottom right. These shapes are filled with intricate patterns of fine, parallel yellow lines that create a textured, woven appearance. Small yellow diamonds are scattered throughout the white space.

EVERY KID

NEEDS

*Love*

OVER TIME

—

TO GIVE THEM

A SENSE OF

*worth.*



## ONE QUESTION YOUR KINDERGARTNER IS ASKING

School is a crisis. Your now-elementary-school kid is adjusting to big changes like classroom rules, lunch lines, and new routines. But the stress of change can also be a platform for discovery and growth.

Your kindergartner is asking one major question:

### **"DO I HAVE YOUR ATTENTION?"**

Your kindergartner needs to know you see their efforts, their ideas, their accomplishments, and their failures. Being your kindergartner's parent probably isn't the only thing you have going on. So remember this—in order to give your kindergartner the love and attention they need, you need to do one thing:

### **ENGAGE their interests.**

When you engage your kindergartner's interests, you . . . communicate that their ideas have value, establish that their efforts are significant, and demonstrate that they are worth loving.

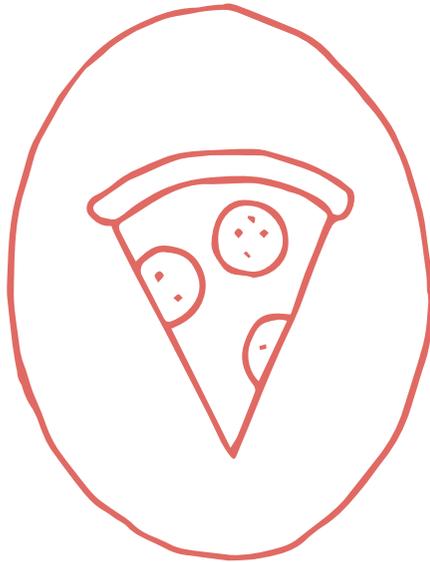






# PARENTING YOUR SIXTH GRADER

A GUIDE TO MAKING THE  
MOST OF THE  
“WHO CARES” PHASE



KRISTEN IVY AND REGGIE JOINER

The background of the entire image is a dense, repeating pattern of red lines. These lines are drawn in a way that creates a 3D, woven effect, similar to a basketweave or a complex geometric pattern. The lines are of varying lengths and orientations, creating a sense of depth and texture.

EVERY KID

NEEDS

*stories*

OVER TIME



TO GIVE THEM

A BIGGER

*perspective.*



## BOOKS TO READ WITH YOUR SIXTH GRADER

### **SEEDS OF AMERICA (SERIES)**

by Laurie Halse Anderson

### **SOUNDER**

by William H. Armstrong

### **CRISPIN: THE CROSS OF LEAD**

by Avi

### **TUCK EVERLASTING**

by Natalie Babbitt

### **BUD, NOT BUDDY**

by Christopher Paul Curtis

### **FLORA AND ULYSSES**

by Kate DiCamillo

### **THE SPORTS BEAT (SERIES)**

by John Feinstein

### **THE RANGER'S**

### **APPRENTICE (SERIES)**

by John A. Flanagan

### **ANNE FRANK: DIARY OF**

### **A YOUNG GIRL**

by Anne Frank

### **OUT OF THE DUST**

by Karen Hesse

### **REDWALL**

by Brian Jacques

### **INSIDE OUT AND BACK AGAIN**

by Thanhha Lai

### **WONDER**

by R.J. Palacio

### **A LONG WALK TO WATER**

by Linda Sue Park

### **MIDDLE SCHOOL (SERIES)**

by James Patterson

### **BRIDGE TO TERABITHIA**

by Katherine Paterson

### **PERCY JACKSON AND THE**

### **OLYMPIANS (SERIES)**

by Rick Riordan

### **HOLES**

by Louis Sachar

### **THE LIBRARY CARD**

by Jerry Spinelli

### **THE BOOK THIEF**

by Markus Zusak





EVERY KID

NEEDS

*work*

OVER TIME

—

TO GIVE

THEM

*significance.*



## WORK YOUR SIXTH GRADER CAN DO

**BATHE AND PUT ON  
DEODORANT**

(but you might check)

**SORT, WASH, FOLD,  
AND PUT AWAY LAUNDRY**

**PACK A LUNCH**

**SEW A BUTTON**

**DO HOMEWORK  
INDEPENDENTLY**

**USE A LADDER**

**PLANT OR PET-SIT  
FOR NEIGHBORS**

**TALK TO THE CASHIER,  
PAY FOR A PURCHASE,  
AND COUNT CHANGE**

**CHANGE BED SHEETS,  
MAKE THEIR BED, AND  
CLEAN THEIR ROOM**

(even if it doesn't stay that way)

**PRACTICE A SPORT,  
MUSICAL INSTRUMENT,  
OR OTHER SKILL**

**TAKE OUT THE  
TRASH / RECYCLING**

**BAKE OR COOK  
SIMPLE MEALS**



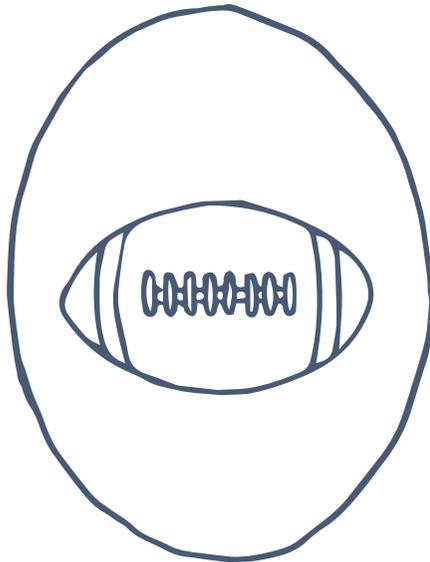






# PARENTING YOUR NINTH GRADER

A GUIDE TO MAKING THE  
MOST OF THE  
“THIS IS ME NOW” PHASE



KRISTEN IVY AND REGGIE JOINER

EVERY KID

NEEDS

*fun*

OVER TIME



TO GIVE

THEM

*connection.*



## WAYS TO HAVE FUN WITH YOUR NINTH GRADER

**WATCH A MOVIE**

**WORK ON CAR  
REPAIRS**

**PLAY A VIDEO GAME**

**ATTEND A  
SPORTING EVENT**

**GET A MANICURE**

**PLAY CARDS**

**GO TO A CONCERT**

**WATCH A TV SERIES**

**PLAY A GAME ON A  
PHONE APP**

**WORK OUT  
TOGETHER**

**GO TO A PLAY**

**LAUNCH ROCKETS**

**PLAY MUSIC  
TOGETHER**

**GO FISHING**

**LEARN TO DANCE**

**BUILD SOMETHING**

**GO BOWLING**

**GO TO THE LAKE**

**COOK SOMETHING**

**PLAY LASER TAG**

**RIDE A ROLLER  
COASTER**

**GO ON A RUN**

**HAVE A RESTAURANT  
THAT'S "YOURS"**

**GO OUT FOR COFFEE**

**GO ON A HIKE**

**TRY A NEW  
RESTAURANT OR  
FOOD TRUCK**

**GO OUT FOR  
ICE CREAM**

**GO SHOPPING**

**PLANT A GARDEN**

**GO SEE A COMEDIAN**

**SHOOT SOME  
HOOPS**

**PLAY A BOARD GAME**

Whatever you do together for fun, try to offer suggestions based on what they enjoy (even at the expense of what you might enjoy a little more).



**What are some activities your ninth grader enjoys that you could occasionally do together, one-on-one?**

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**When are the best times of the day, or week, for you to set aside to just have fun with your ninth grader?**

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EVERY KID  
NEEDS

*words*

OVER TIME



TO GIVE  
THEM

*direction.*



## WORDS YOUR NINTH GRADER NEEDS TO HEAR

GOOD MORNING!

I LOVE YOU

TELL ME MORE

HOW CAN I HELP?

WHAT DO YOU THINK?

I'M SORRY

I'M REALLY PROUD WHEN ...

ME TOO

YOU ARE STARTING TO ...

WANT A HUG?

GOOD NIGHT!

YOU ARE BEAUTIFUL / HANDSOME

I LIKE YOU

THANK YOU FOR SPENDING  
TIME WITH US.

WHEN YOU'RE WITH YOUR FRIENDS ...



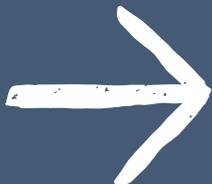


WHEN YOU KNOW  
WHERE YOU WANT  
TO GO,

AND YOU KNOW  
WHERE YOU ARE  
NOW,

YOU CAN ALWAYS  
DO SOMETHING

TO MOVE IN A  
BETTER DIRECTION.



OVER THE NEXT 208 WEEKS, IT MAY BE HARD TO FIND TIME FOR CONVERSATIONS. AND, WHEN YOU DO GET A FEW MINUTES TO TALK, IT CAN BE HARD TO KNOW WHAT TO SAY FIRST.

You want to talk about grades.

They want to ask about weekend plans.

But, in the middle of everything that's urgent, don't forget to have a few important conversations along the way as well.

**WHAT YOU SAY  
ABOUT . . .**

Health

Sex

Technology

or Faith

**MAY IMPACT YOUR  
NINTH GRADER'S  
FUTURE EVEN MORE THAN  
BIOLOGY MIDTERMS.**

The next pages are about the conversations that matter most.

On the left page is a destination—what you might want to be true in your kid's life 208 weeks from now. On the right page is a goal for conversations with your ninth grader this year, and a few suggestions about what you might want to say.

EVERY KID



MADE IN  
THE IMAGE  
OF GOD



TO LOVE GOD

Incite

wonder



SO THEY WILL . . .  
KNOW GOD'S LOVE  
& MEET GOD'S FAMILY

Provoke

discovery



SO THEY WILL . . .  
TRUST GOD'S CHARACTER  
& EXPERIENCE GOD'S FAMILY



**BEGINNING**  
(Baby dedication)



**WISDOM**  
(First day of school)



**FAITH**  
(Trust Jesus)

AM I SAFE?

AM I ABLE?

AM I OKAY?

DO I HAVE YOUR  
ATTENTION?

DO I HAVE WHAT  
IT TAKES?

DO I HAVE  
FRIENDS?

ZERO  
TO ONE

ONE  
& TWO

THREE  
& FOUR

K &  
FIRST

SECOND  
& THIRD

FOURTH  
& FIFTH

**EMBRACE** their physical needs

**ENGAGE** their interests

WITH  
ALL THEIR



STRENGTH

AND

Trust  
Jesus



TO HAVE  
A BETTER  
FUTURE

Provoke  
*discovery*



SO THEY WILL . . .  
OWN THEIR OWN FAITH  
& VALUE A FAITH COMMUNITY

Fuel  
*passion*



SO THEY WILL . . .  
KEEP PURSUING AUTHENTIC FAITH  
& DISCOVER A PERSONAL MISSION



IDENTITY  
(Coming of age)



FREEDOM  
(Driver's license)



GRADUATION  
(Moving on)

WHO DO I LIKE?

WHO AM I?

WHO DO I  
WANT TO BE?

WHERE DO I  
BELONG?

WHY  
SHOULD I  
BELIEVE?

HOW CAN I  
MATTER?

WHAT WILL I  
DO?

SIXTH

SEVENTH

EIGHTH

NINTH

TENTH

ELEVENTH

TWELFTH

18+

**AFFIRM** their personal journey

**MOBILIZE** their potential

## ABOUT THE AUTHORS

---

### **KRISTEN IVY** @kristen\_ivy

Kristen Ivy is executive director of the Phase Project. She and her husband, Matt, are in the preschool and elementary phases with three kids: Sawyer, Hensley, and Raleigh.

Kristen earned her Bachelors of Education from Baylor University in 2004 and received a Master of Divinity from Mercer University in 2009. She worked in the public school system as a high school biology and English teacher, where she learned firsthand the importance of influencing the next generation.

Kristen is also the executive director of messaging at Orange and has played an integral role in the development of the elementary, middle school, and high school curriculum and has shared her experiences at speaking events across the country. She is the co-author of *Playing for Keeps*, *Creating a Lead Small Culture*, *It's Just a Phase*, and *Don't Miss It*.

---

**REGGIE JOINER @reggiejoiner**

Reggie Joiner is founder and CEO of the reThink Group and co-founder of the Phase Project. He and his wife, Debbie, have reared four kids into adulthood. They now also have two grandchildren.

The reThink Group (also known as Orange) is a non-profit organization whose purpose is to influence those who influence the next generation. Orange provides resources and training for churches and organizations that create environments for parents, kids, and teenagers.

Before starting the reThink Group in 2006, Reggie was one of the founders of North Point Community Church. During his 11 years with Andy Stanley, Reggie was the executive director of family ministry, where he developed a new concept for relevant ministry to children, teenagers, and married adults. Reggie has authored and co-authored more than 10 books including: *Think Orange*, *Seven Practices of Effective Ministry*, *Parenting Beyond Your Capacity*, *Playing for Keeps*, *Lead Small*, *Creating a Lead Small Culture*, and his latest, *A New Kind of Leader* and *Don't Miss It*.

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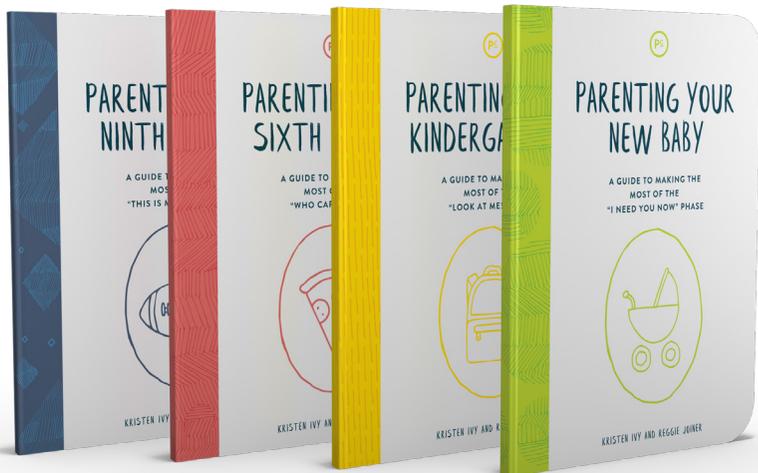
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