

The cover features a background of vertical stripes in black, olive green, teal, brown, and orange. A central graphic consists of three overlapping circles in white, teal, and yellow, framing the title text.

# Family Life Skills

for Christian Schools™

Second Edition

# Contents

## Unit 1—Devoted to Your Family I

### Chapter 1: The Family Examined 2

The Family Defined	3
Biblical Definition of the Family	4
Biblical Roles in the Family	5
Changes Affecting Families	7
Internal Changes Affecting the Family	8
External Changes Affecting the Family	10
God's Provision During Changes and Crisis Times	12
<i>Family Focus: A Samoan Family</i>	14

### Chapter 2: Family Unity 15

Elements of Family Unity	16
Hindrances to Family Unity	18
Problems Caused by Sin	19
Problems Caused by Change in Circumstances	19
Development of Family Unity	21
Family Devotions	21
Church Opportunities	21
Home Responsibilities	23
Family Recreation	23
Family Traditions	24
<i>Family Focus: An Inuit Family</i>	26

## Unit 2—Devoted to Your Personal Growth 27

### Chapter 3: Spiritual Growth 28

A Heavenly Adoption	29
Not Born a Member of God's Family	29
Becoming a Part of God's Family	29
Evidences of Being in God's Family	30
An Obedient Child of God	32
Attending Church	32
Reading the Bible	33
Memorizing Scripture	34
Standing Strong	34
Putting Off and Putting On	34
A Godly Self-Concept	35
The Biblical View	35
Self-Concept and Self-Esteem	36
Development of the Imprint	37
<i>Family Focus: An Amish Family</i>	42

<b>Chapter 4: Physical Growth</b>	43
The Essence of Good Appearance	44
Proper Nutrition	44
The Six Nutrient Groups	45
Daily Food Guides	48
Weight Control	48
Consistent Exercise	49
Exercise Training Principles	50
Exercise Strategies	51
Exercise Caution	52
Sufficient Sleep	52
Quantity of Sleep	52
Quality of Sleep	54
Promotion of Sleep	54
Correct Posture	55
Benefits of Good Posture	55
<i>Family Focus: A Native American Family</i>	58
<b>Chapter 5: Physical Enhancement</b>	59
Representative Reflections	60
Skin Care	60
Scents	64
Hair Care	64
Hairstyles for Women	66
Hairstyles for Men	66
Oral Care	67
Hand and Foot Care	68
Clothing	69
Philosophy of Dress	69
The Selection of Clothing	70
Developing a Sense of Fashion	70
Building a Wardrobe	71
Elements of Art	71
Principles of Design	74
The Care of Clothing	78
<i>Family Focus: A Central American Family</i>	80
<b>Chapter 6: Intellectual Growth</b>	81
Intelligence	82
Growth Takes Work	84
Obtaining Wisdom	85
Avoiding Hindrances to Wisdom	86



Values	87
Exhibiting Values	87
Developing Values	88
Changing Values	89
Classifying Values	89
Judging Values	89
Standards	90
Categorizing Standards	90
Altering Standards	91
Goals	92
Specifying Goals	92
Prioritizing Goals	92
Setting Goals	93
Decision Making	93
The Process	94
The Cautions	94
The Types	95
Management	95
Plan	95
Control	95
Evaluate	96
Time and Energy Management	96
<i>Family Focus: A South American Family</i>	102
Chapter 7: Social Growth	103
Relationships	104
Reasons for Relationships	104
Levels of Relationships	104
Dangers of Relationships	105
Developing Relationships	106
Responsibilities in Relationships	107
Breaking Relationships	110
Restoring Relationships	111
Anger and Arguments	112
Handling Family Conflicts	112
Communication	114
Verbal Communication	114
Nonverbal Communication	118
<i>Family Focus: A Scandinavian Family</i>	122



Chapter 8: Social Protocol	123
Attitudes Shaping Etiquette	124
Graciousness	124
Sincerity	124
Selflessness	124
Actions Reflecting Etiquette	124
Introductions	126
Meals	126
Table Setting	128
Seating Arrangements	131
Table Manners	131
Advantages of Etiquette	134
<i>Family Focus: A German Family</i>	136

## Unit 3—Devoted to Your Marriage

137

Chapter 9: Before Marriage	138
Dating and Courtship	139
Definitions of Dating	139
Parental Involvement in Dating	140
Opportunities in Dating	141
Communication Skills Developed	141
Discernment Practiced	141
Assessment Initiated	142
Spiritual Growth Promoted	142
Responsibilities of Dating	142
Goals	143
Standards	143
Planning a Date	146
Dangers in Dating	147
Dating Too Early	147
Unwise Emotional Attachments	147
Marrying Too Early	148
Date Rape	148
Getting an Improper View of Love	149
Finding True Love	150
<i>Family Focus: An Iberian Family</i>	152
Chapter 10: During Engagement	153
Engaging Decisions	154
Entering an Engagement	154
Preparations for Marriage	156
Planning the Wedding	158

Types of Weddings	159
Wedding Plans	159
Wedding Etiquette	172
Planning the Honeymoon	173
<i>Family Focus: A Slavic Family</i>	176
<b>Chapter 11: After the Wedding</b>	<b>177</b>
Following God's Plan	178
Facing Expectations	179
Making Adjustments	179
Resolving Conflicts Biblically	180
Sharing Goals	182
Connecting with Parents-in-Love	184
Remaining United	184
<i>Family Focus: A Mediterranean Family</i>	186
<b>Unit 4—Devoted to Your Children</b>	<b>187</b>
<b>Chapter 12: Parenthood</b>	<b>188</b>
Concepts of Parenthood	189
Unbiblical Attitudes About Parenthood	189
Privileges of Parenthood	190
Preparations for Parenting	190
Spiritual Preparation	190
Financial Preparation	190
Emotional Preparation	191
Physical Preparation	191
Pregnancy	198
The Reproductive System	198
Conception	198
Implantation	199
Prenatal Development	199
Prenatal Care for the Mother	201
The Expectant Father's Role	201
Preparations in the Home	202
Childbirth	202
Labor	202
Birth	203
Afterbirth	204
Infertility	204
Alternative Methods of Parenthood	204
Foster Parents	204
Adoptive Parents	205
<i>Family Focus: A Middle Eastern Family</i>	208

Chapter 13: Infants	209
Parental Readjustment	210
Infant Care	212
Holding a Baby	212
Feeding a Baby	213
Bathing a Baby	217
Diapering a Baby	218
Dressing a Baby	219
Putting a Baby to Bed	219
Infant Growth and Development	221
<i>Family Focus: An East African Family</i>	224
Chapter 14: Toddlers	225
The One-Year-Old Explorer	226
The Two-Year-Old Independent	229
Child Safety	229
Guidance and Discipline	233
Health Habits	236
Daily Habits	236
Dental Care Habits	236
Elimination Habits	238
<i>Family Focus: A West African Family</i>	240
Chapter 15: Preschoolers	241
Preschool Impressions	242
The Three-Year-Old Pretender	242
The Four-Year-Old Questioner	244
The Five-Year-Old Scholar	246
Childcare and Preschoolers	247
Games for Children	249
Music for Children	249
Art for Children	250
Preparing for School	251
Clothing for Children	252
Foods for Children	252
Books for Children	253
Preparing for Eternity	254
<i>Family Focus: A South African Family</i>	256

Chapter 16: Financial Management	258
Applying Biblical Principles	259
Assigning the Proper Value	259
Working for Your Money	259
Being a Good Steward	260
Giving to God's Work	260
Removing Root Problems	261
Setting Financial Goals	263
Making a Plan	263
Using the Bank	268
Preparing for the Future	277
Insurance	277
Taxes	279
Wills	281
<i>Family Focus: An Indian Family</i>	284
Chapter 17: Jobs and Income	285
Deciding for Service	286
Preparing for Service	287
Confirming a Direction	287
Finding an Interest	287
Assessing Potential	288
Seeking Advice	288
Gathering Information	289
Planning Ahead	289
Facing Indecision	289
Finding a Job	290
Writing a Resumé	290
Navigating the Job Interview	292
Being a Servant	292
Examining One- and Two-Income Families	293
Families with One Income	293
Families with Two Incomes	294
<i>Family Focus: A Southeast Asian Family</i>	298
Chapter 18: The Aging Family	299
Aging Gracefully	300
Entering Middle Age	301
Facing New Roles	303
A Couple Again	303
Becoming Grandparents	303
Retirement	303
Widows and Widowers	304



Becoming Elderly	305
Physical Changes	305
Intellectual Abilities	307
Identifying Concerns of the Elderly	307
Finances	307
Health Care	307
Nutrition	307
Housing	308
Transportation	309
Safety	310
Emotional Needs	310
Spiritual Needs	310
Death	310
Helping the Aging	311
<i>Family Focus: An East Asian Family</i>	<i>314</i>

<b>Index</b>	<b>315</b>
<b>Photo Credits</b>	<b>323</b>