



the Parent LINK

Children's Ministry Edition



January—March
2012

Jersey Kidz



POWERSOURCE

ASK GOD:

1. To protect your children from harmful messages about physical attributes.
2. To help your children view themselves as God's creation.
3. To heal any body-image struggles you've been facing.

Promote Positive Body Image

The topic of body image is usually associated with teenagers, but it's becoming an issue for younger children now, too. Media and advertising, toys, and peer pressure are among the many factors that make kids question their appearance and build.

But what's said and seen at home matters, too. Often parents inadvertently contribute to their child's body-image issues with their comments or through their own weight issues. A parent's focus on body image can make a child think his or her value is based solely on appearance. Here are tips for promoting healthy body image in your children:

- Emphasize that God created our bodies, which he calls "the temple of the Holy Spirit" (1 Corinthians 6:19).
- Model healthy eating. Show children how to make wise food choices, and don't require them to always clean their plates.
- Accept yourself. Resist an obsession with calories and pounds.

INSIGHTS

- 80% of girls in third- through sixth-grade report displeasure with their bodies. Young girls say they're more afraid of becoming fat than they are of cancer, nuclear war, or losing their parents. (U.S. Dept. of Health & Human Services)
- 36% of third-grade boys have tried to lose weight, and "muscle dysmorphia," an obsession with body size and shape, is on the rise among young males. (Time)



56 KINGS WAY

Look for information about our 2012 Crossover retreat coming in May. Look for information in your Bible Fellowship classes in February.



Upward Basketball has begun. Game Days are every Saturday from 9 AM until 3:30 PM.

Upward Basketball Picture Day is January 21st. Coaches will have picture packets for players.

Upward Basketball Awards Banquet will be Friday March 2nd. Come out to celebrate our 12th year of Upward Basketball and Cheerleading.

Contact Ryan Morris if you have any questions at rmorris@jerseychurch.org

Kidz of the Kingdom

Children's Ministries

We will begin a new Kidz of the Kingdom class on February 5th. If your child has made a decision to follow Jesus Christ and is interested in learning about baptism please call Ryan Morris to discuss joining this class. This class is required for all children age 7—10 to be baptized.

January is Missions Month in AWANA. Bring your pennies, nickels, dimes and quarters to support missions.

A BIG THANK YOU to all our children in Bible Fellowship who helped us surpass our International Missions Offering of \$250. Our children's ministry raised over \$600 for International Missions.

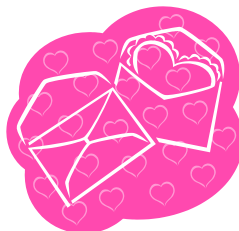
Don't forget to like us on Facebook for updates to our ministry.

www.facebook.com/kidz.of.the.kingdom

little feet preschool ministries



Preschool Valentine's Day Party
Cubbie Bear will visit the preschool atrium during Bible Fellowship classes on February 12th. All children, birth-PreK, will receive a Valentine from Cubbie!! A Valentine cookie and white grape juice will be served.



Monthly Playgroup!

Mom's Ministry play group is a time for moms to get together for a play date with other moms and children. Any expecting mom or mom with children birth to 5 years old are welcome! We will be meeting at either Noah's Ark outdoor playground or inside, in room 5108 from 9:30-11:30am on the following dates: January 12, February 9, March 8

First Steps Seminar

March 3 from 10:00AM-noon

April 14 from 10:00AM-noon

A required seminar for parents who wish to participate in the Parent Child Dedication; where parents will be recognized as a primary faith influencer for their child and family. Child Care will be provided. Please sign up at the info point between February 5 - February 26 (for the March seminar). Please sign up at the info point between March 11 - April 1 (for the April seminar). Parents who have participated in past dedications are welcome to sign up as well.

Parent Child Dedication

Our next Parent Child Dedication is scheduled for April 22, 2012 during the 9:45 Emerge and 11:00 Live services. If you are an active member of Jersey Baptist Church, and would like to participate in the Parent/Child dedication you must attend a 2 hour seminar, called First Steps (see information above). Child care will be provided. Please sign up Info Point in the Main Lobby.

Special Events

January 19th - Chick-Fil-A Playtime

Join us for a fellowship time at Chick-Fil-A on East Broad Street. We'll be meeting from 10-11:30 on January 19. Cost to fellowship and use of play place is free, each family is responsible for their own food costs.

February 16th - Kingdom of Bounce Day

Join us for a fellowship time at Kingdom of Bounce on Citygate Dr. at 10am. Admission is \$7 for first child, \$3 per sibling, and non-walkers are free.

March 15th - The Works Museum in Newark

Join us for a time of discovery at The Works Museum in Newark. Admission for adults is \$7, ages 2-17 is \$3, and 2 and under is free!

JerseyKidz Staff

Debbie Zachariah.....x102
dzachariah@jerseychurch.org

Nikki Carr.....205
ncarr@jerseychurch.org

Ryan Morris.....x204
rmorris@jerseychurch.org

Sheri Wade.....120
swade@jerseychurch.org



January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-1	2	3	4 AWANA	5	6	7 Upward
8	9	10	11 AWANA	12 Mom's Ministry Playgroup	13	14 Upward
15	16	17	18 AWANA	19 Moms' Ministry Special Event	20	21 Upward
22	23	24	25 AWANA	26	27	28 Upward
29	30	31	-	-	-	-



February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	-	-1 AWANA	2	3	4 Upward
5	6	7	8 AWANA	9 Mom's Ministry Playgroup	10	11 Upward
12 Preschooler Valen- tine's Day Party	13	14	15 AWANA	16 Mom's Ministry Special Event	17	18 Upward
19	20	21	22 AWANA	23	24	25 Upward
26	27	28	29 AWANA	-	-	-

March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	-	-	-1	2 Upward Awards	3 First Steps Seminar
4	5	6	7 AWANA	8 Mom's Ministry Playgroup	9	10
11	12	13	14 AWANA	15 Mom's Ministry Special Event	16	17
18	19	20	21 AWANA	22	23	24