



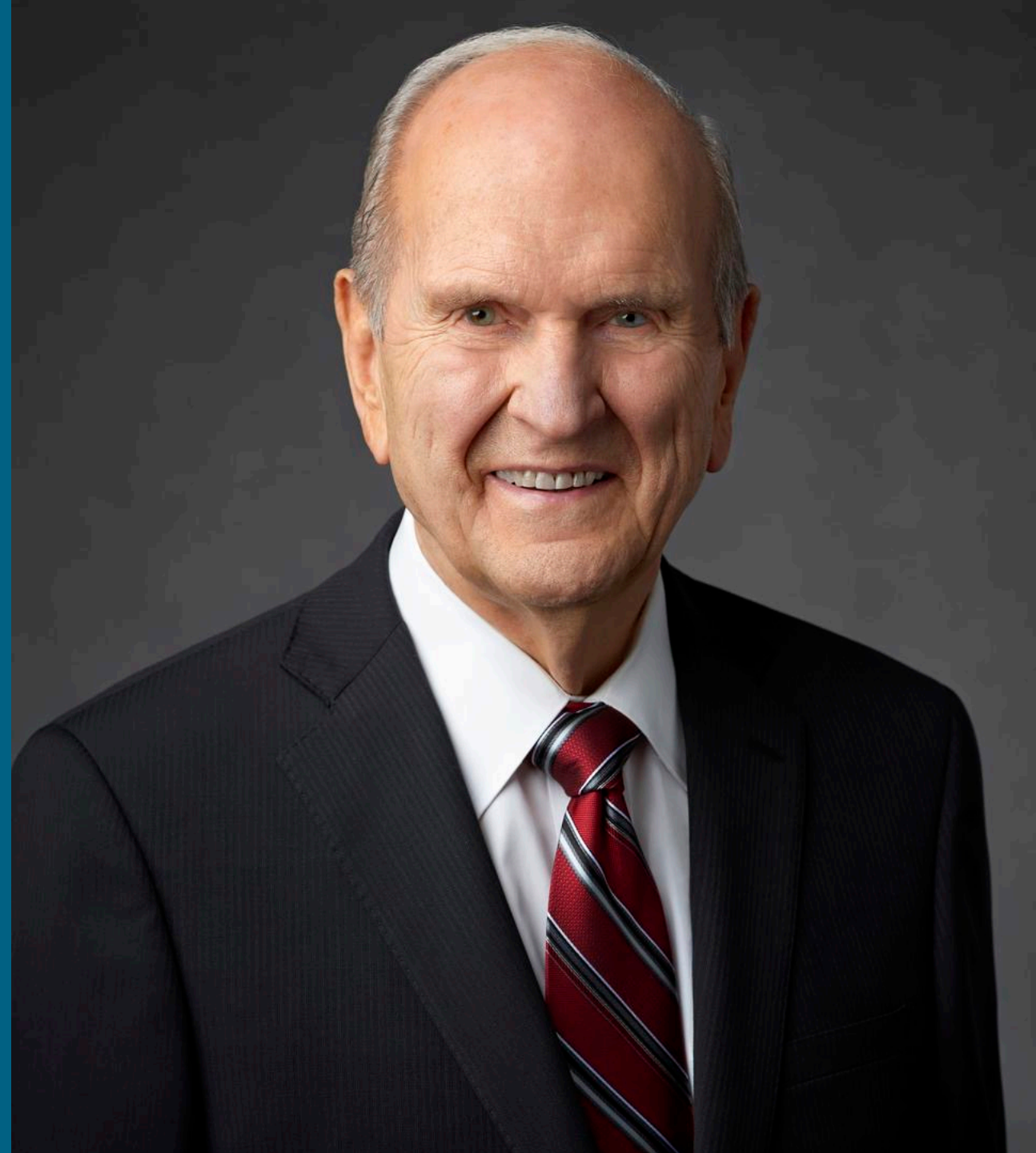
# Unprecedented Times call for Unprecedented Parenting

President Brian Holman

Adult Session, April 2022 Stake Conference, Provo West Stake

In his first public statement as President of the Church, President Russell M. Nelson said:

*“I thank God ... for parents who are serious about their commitment to righteous, intentional parenting.”*





*“Some days it seems that a sea of temptation and transgression inundates [our children], simply washes over them before they can successfully withstand it, before they should have to face it. And often at least some of the forces at work seem beyond our personal control. Well, some of them may be beyond our control, but I testify with faith in the living God that they are not beyond His.”*

*-Elder Jeffrey R. Holland*



# Temple Foundation

*“We are sparing no effort to give this venerable temple, which had become increasingly vulnerable, a foundation that will withstand the forces of nature into the Millennium. In like manner, it is now time that we each implement extraordinary measures—perhaps measures we have never taken before—to strengthen our personal spiritual foundations. Unprecedented times call for unprecedented measures.”*

-President Nelson (Oct 2021)





# Our Foundation

*“My dear brothers and sisters, these are the latter days. If you and I are to withstand the forthcoming perils and pressures, it is imperative that we each have a firm spiritual foundation built upon the rock of our Redeemer, Jesus Christ. So I ask each of you, how firm is your foundation? And what reinforcements to your testimony and understanding of the gospel are needed?”*

-President Nelson (Oct 2021)





# The Promise

*“Please believe me when I say that when your spiritual foundation is built solidly upon Jesus Christ, you have no need to fear. As you are true to your covenants made in the temple, you will be strengthened by His power. Then, when spiritual earthquakes occur, you will be able to stand strong because your spiritual foundation is solid and immovable.”*

-President Nelson (Oct 2021)





# *Strengthen the Rising Generation:* Desired Outcomes

Purpose	Converted	Fulfill	Participate	Develop	Be worthy
Know their eternal identity and purpose.	Deepen their conversion to Jesus Christ, getting His gospel into their hearts and inspiring them to choose to follow Him.	Fulfill duties in priesthood and class leadership and assignments.	Participate together in the work of salvation.	Develop personally with parental support and leaders assisting as needed.	Be worthy to attend the temple and have enduring joy on the covenant path.



**Laura Padilla-Walker**  
Professor, School of  
Family Life at BYU

*“As parents, we work in tandem with Heavenly Father and the Savior to fortify our youth and help them put on the whole protective armor of God to withstand ‘the fiery darts of the adversary’. But we shouldn’t wait until after the battle is raging to do so. We should do it long before the battle even begins.”*



# Intentional Parenting

- **Encourage Growth**

- Pray for guidance. Heavenly Father knows your children and will help you teach them.
- Help your children seek and recognize the influence of the Holy Ghost.
- Express love and frequently compliment your children in their efforts to do well and for the Christlike qualities you see in them.
- Look for opportunities to serve others as a family.

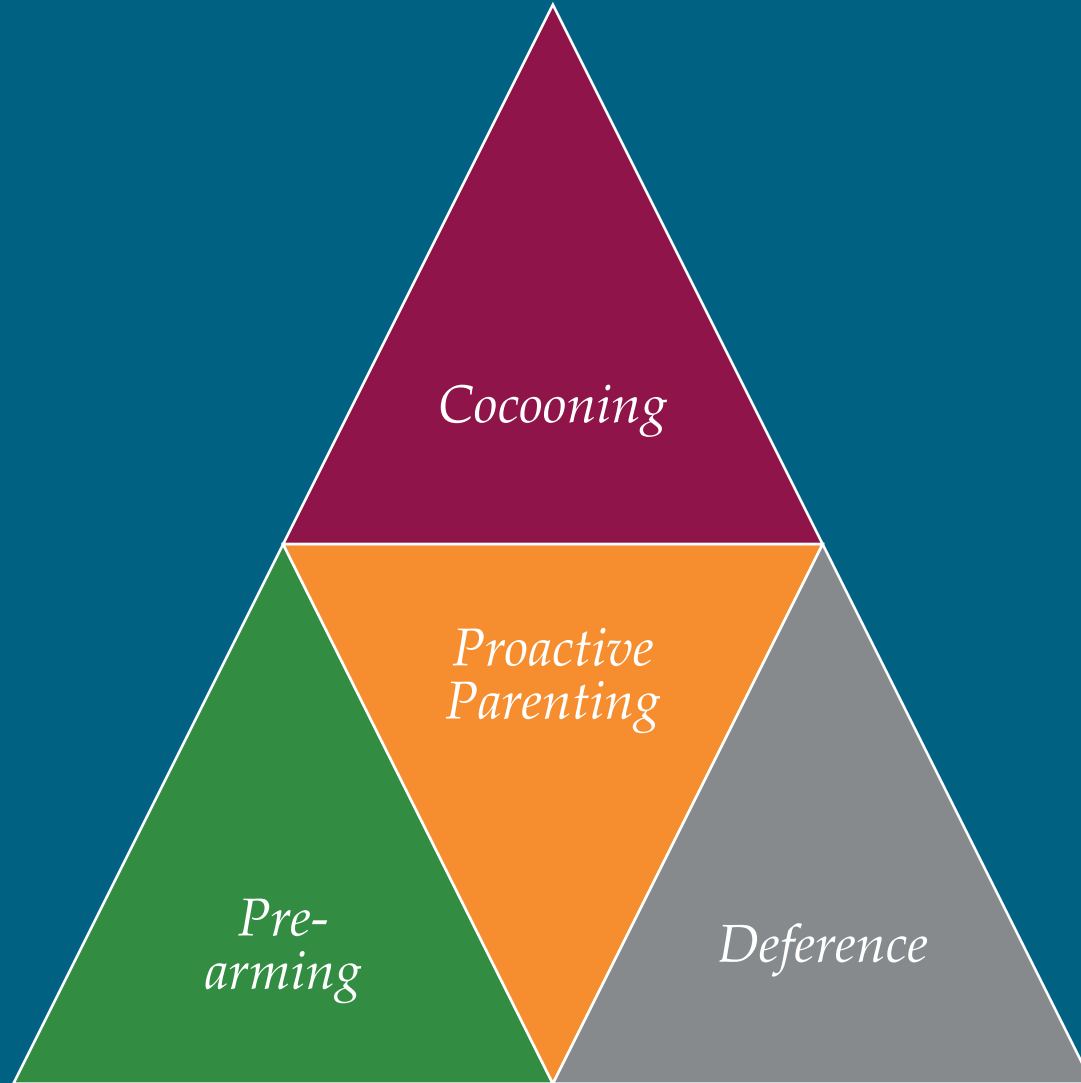
- **Provide Guidance**

- Help your children see how they can apply the gospel in all areas of their lives.
- Guide your children and encourage them to set their own goals and plans.
- Help them come up with their own solutions to problems.
- Offer support, help, and encouragement along the way.

- **Talk with Leaders**

- Communicate with teachers and leaders to determine how they can best support your children. Be careful not to break any confidences with your children or embarrass them.

# Three Practices for Intentional Parenting



1. **Cocooning:** *Protecting your children*
2. **Pre-arming:** *Preparing your children for danger*
3. **Deference:** *Respecting your children's agency*



# 1. Cocooning: *Protecting your children*

- In this method, parents protect their children from anything that poses a potential threat.
- Cocooning is common during early childhood and may include forbidding certain television shows or avoiding potentially dangerous activities. By doing this, parents teach children right from wrong.





## 2. Pre-arming: *Preparing your children for danger*

- This means that parents provide guidance, coaching, and instruction to their children to help them know how to respond to potentially harmful situations.
- For example, parents may ask a child to practice exact dialogue that could be used if a peer were to offer the child a dangerous substance. Or, parents may ask a child to share specific actions that could be taken to steer away from damaging situations.
- This method allows parents to teach why something is right or wrong and becomes more effective as children mature. Pre-arming conversations might teach:
  - Healthy sexuality and intimacy.
  - Responsible media use, including safeguards against pornography.
  - Modesty and other standards from For the Strength of Youth.



### 3. Deference: *Respecting your children's agency*

- This method allows children to make their own decisions as they practice choosing between right and wrong.
- Deference demonstrates great trust in a child. Because of the complexities in granting a child sufficient responsibility to make decisions, deference requires that a child have adequate maturity to understand the consequences of decisions.
- Deference works well with adolescent or older children after parents have employed strategies like pre-arming and cocooning for several years.





# Protection Them from the World

*When the Savior called His disciples, He used a similar pattern. First, He showed them the importance of shunning the world.*



# Teach them their Role

*Then, through discussion and example, He taught them why His ways were best:*

“Verily, verily, I say unto you, this is my gospel; and ye know the things that ye must do in my church; for the works which ye have seen me do that shall ye also do; for that which ye have seen me do even that shall ye do; Therefore, if ye do these things blessed are ye, for ye shall be lifted up at the last day.” (3 Nephi 27:21–22).



# Leaving them alone

Finally, He left their presence and allowed them, with guidance from the Holy Ghost, to use what they had learned to lead the Church and preach the gospel.

“Nevertheless I tell you the truth; It is expedient for you that I go away: for if I go not away, the Comforter will not come unto you; but if I depart, I will send him unto you. And when he is come, he will reprove the world of sin, and of righteousness, and of judgment: Of sin, because they believe not on me; Of righteousness, because I go to my Father, and ye see me no more; Of judgment, because the prince of this world is judged. I have yet many things to say unto you, but ye cannot bear them now. Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.” (John 16:7–13)

*"The completed beauty of Christ's life is only the added beauty of little inconspicuous acts of beauty—talking with the woman at the well; showing the young ruler the stealthy ambition laid away in his heart that kept him out of the Kingdom of Heaven; ... teaching a little knot of followers how to pray; kindling a fire and broiling fish that his disciples might have a breakfast waiting for them when they came ashore from a night of fishing, cold, tired, and discouraged. All of these things, you see, let us in so easily into the real quality and tone of [Christ's] interests, so specific, so narrowed down, so enlisted in what is small, so engrossed with what is minute."*

*-Charles Henry Parkhurst*





*“Parental teaching moments need not be big or dramatic or powerful. We learn this from the Master Teacher. And so it is with being parents. The little things are the big things sewn into the family tapestry by a thousand threads of love, faith, discipline, sacrifice, patience, and work.*

*There are some great spiritual promises which may help faithful parents in this church. Children of eternal sealings may have visited upon them the divine promises made to their valiant forebears who nobly kept their covenants. Covenants remembered by parents will be remembered by God. The children may thus become the beneficiaries and inheritors of these great covenants and promises. This is because they are the children of the covenant.”*

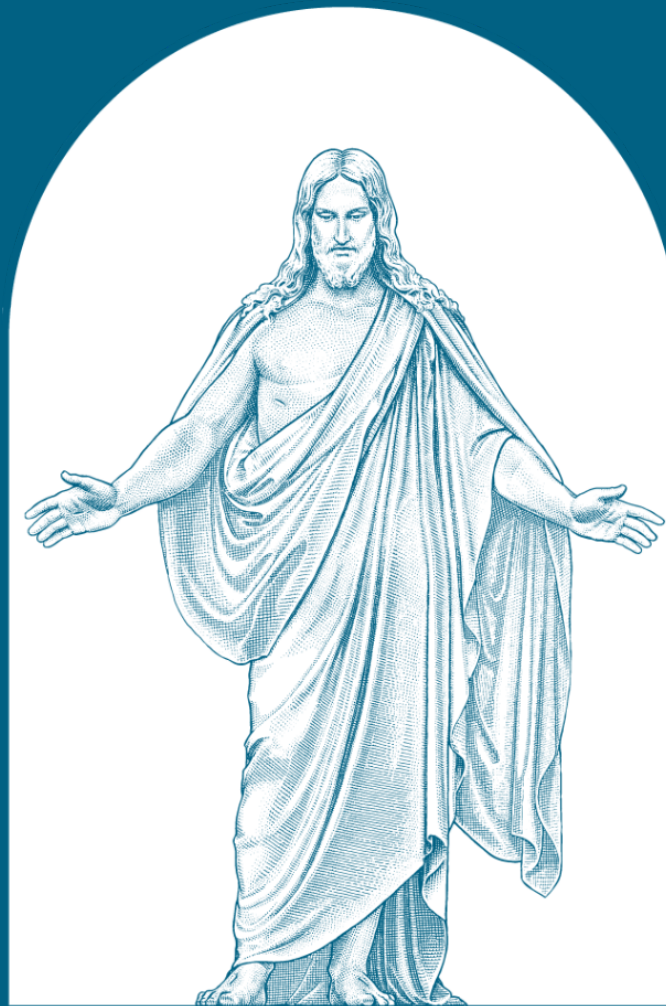
*-Elder James E. Faust*





# Intentional Parenting Study Helps

- **Four Parenting Lessons from Heavenly Father**
  - <https://www.churchofjesuschrist.org/youth/childrenandyouth/parenting/four-parenting-lessons-from-heavenly-father?lang=eng>
- **Righteous, Intentional Parenting**
  - <https://www.churchofjesuschrist.org/study/ensign/2019/03/righteous-intentional-parenting?lang=eng>
- **Children and Youth Program Introduction**
  - <https://www.churchofjesuschrist.org/study/manual/introductory-guide-for-parents-and-leaders/introductory-guide?lang=eng>
- **Strengthening the Family: Instructor's Guide**
  - <https://www.churchofjesuschrist.org/study/manual/strengthening-the-family-instructors-guide?lang=eng>
- **The Greatest Challenge in the World—Good Parenting by Elder James E. Faust**
  - <https://www.churchofjesuschrist.org/study/general-conference/1990/10/the-greatest-challenge-in-the-world-good-parenting?lang=eng>
- **Faithful Parenting in Today's Changing World**
  - <https://www.churchofjesuschrist.org/study/liahona/2021/04/faithful-parenting-in-todays-changing-world?lang=eng>
- **4 Simple Parenting Lessons I Learned from General Conference**
  - <https://www.churchofjesuschrist.org/study/ya-weekly/2021/05/4-simple-parenting-lessons-i-learned-from-general-conference?lang=eng>
- **Dear Mom and Dad: 40 Parenting Tips from Teens**
  - <https://www.churchofjesuschrist.org/study/ensign/2020/02/dear-mom-and-dad-40-parenting-tips-from-teens?lang=eng>
- **A Parent's Guide**
  - <https://www.churchofjesuschrist.org/study/manual/a-parents-guide?lang=eng>
- **Smarter Parenting (The church is one of the sponsors)**
  - <https://www.smarterparenting.com/>



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