

# Newborn Life Stage PARENTING “PUNCH LIST”



In home construction and remodeling, a “**punch list**” is used during a project to outline the items that need to be covered to complete a job well. Likewise, Watermark Family Ministry has assembled this **Parenting Punch List** that you can use as a guide to be prepared for parenting a **Newborn** child. The material presented below is targeted towards parenting ages 0 to 5 months.

## PILLARS

Like a house, our parenting must have a firm foundation to raise courageous Christian leaders in an ever-changing world that has lost its way. That foundation is God’s Word and we encourage you to consider the following “pillars” that anchor how we parent our kids:

### MODEL

**Deuteronomy 6:6** calls us as parents to model our faith to our children by keeping God’s word in our hearts.

Here are some ways to **Model** during the **Newborn** life stage:

AREA	ACTION
You	Connect with God through Bible Study and prayer <b>Web Resource:</b> <a href="http://jointhejourney.com">jointhejourney.com</a>
Your Marriage	Ruthlessly pursue oneness with your spouse in the areas of communication, intimacy and fellowship <b>Web Resource:</b> <a href="http://marriagehelp.org">marriagehelp.org</a>
Community	Resist isolation by connecting with others and parenting in community <b>Web Resource:</b> <a href="http://watermark.org/plano/ministries/community">watermark.org/plano/ministries/community</a>
External Focus	Serve our immediate community and the world <b>Web Resource:</b> <a href="http://watermark.org/impact">watermark.org/impact</a> and <a href="http://watermark.org/familyserve">watermark.org/familyserve</a>

### TRAIN

**Proverbs 22:6** calls us to train up a child in the way they should go so that when they are old, they will not depart from it. The Bible is the ultimate resource for parents. As we are told in **2 Timothy 3:16**, “All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness”. The resources provided are not meant to be a replacement of but a supplement to your regular reading of God’s word and your prayers for wisdom and discernment in leading your children.

Here are some ways to **Train** yourself during the **Newborn** life stage:

ACTION	RESOURCE
Read	<b>Praying the Scriptures for your Children</b> - Berndt
Listen	<b>Your God-Given Role as a Parent</b> - Kyle and Tresha Kaigler <a href="http://watermark.org/plano/message/2615">watermark.org/plano/message/2615</a>
Attend	<b>Square One</b> , a ministry for first time moms, Thursdays 10am-12pm or check in with a mentor mom at <b>The Nest</b> , if you have more than one child

ACTION	RESOURCE
Health & Wellness	How are you taking care of yourself now that you have a newborn? Are you getting enough sleep and good nutrition? Do you have a good support structure in place for assistance, when needed?

Here are some ways to **Train** your child during the **Newborn** life stage:

TOPIC	PRAY FOR WISDOM REGARDING THE FOLLOWING ACTION AREAS:
Roles & Expectations	Check in with your spouse about expectations now that baby is here Do roles and responsibilities need to be revisited?
Stewardship	Check in with your spouse about how you are stewarding finances during this season Are you going down to one income to stay home with baby? MoneyWise can help! <b>Resource:</b> watermark.org/dallas/ministries/moneywise
Relationships	Discuss with your spouse how God may be calling your newly formed family to interact with your parents, in-laws, and immediate circle of friends
Time Management	Check in with your spouse about how you are managing your time Do you have enough margin or are you overscheduled? Have you scheduled enough downtime to connect as a family?
Spiritual Development	Find a short devotional, such as <b>New Morning Mercies</b> by Paul David Tripp, to feed yourself spiritually on a daily basis <b>She Reads Truth App</b> with daily devotionals Listen to Praise and Worship music with your sweet baby

## PRAY

**Ephesians 6:18** calls us as parents to pray at all times in the Spirit so that we are parenting according to God's plan and our child's unique design. This includes praying for wisdom and discernment as we seek direction on how to approach key Decision Points related to the **Newborn** life stage.

Here are some ways to **Pray** during the **Newborn** life stage:

ACTION	RESOURCE
Pray	<b>Lifting my Children</b> - FamilyLife Prayer Card <b>5 Godly Characteristics of a Man and Woman Printable</b> - Todd Wagner

## TRUST

**Proverbs 3:5-6** calls us as parents to trust in the Lord with all our heart and not lead on our own understanding. We are called to acknowledge him in all situations and He will make our path straight. These "pillars" of Model, Pray, Trust and Train are underpinned by living out **Matthew 22: 37-39** to love the Lord with all our hearts, minds and souls and to love our neighbors as ourselves.

### MILESTONE

#### Baby Dedications

Please contact kids@plano.watermark.org for a resource guide and materials



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