



Parenting: Expectants and Newborns

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Week 5 – Discipline

GROWTH STAGES

Outline for the session:

1. Physical Growth
2. Scripture for Discipline and Restoration
3. Discipline in the Home
4. Rod Rules (article)
5. "What if?" situations

INTRODUCTION

1. Physical Growth

Luke 2:52

And Jesus grew in wisdom and stature, and in favor with God and men.

- **Just as Jesus grew physically and spiritually, so too will our children. Much of their spiritual growth will be closely linked to their physical growth. Let's begin by taking a look at some of the ways children grow physically in their first two years of life.**
- **What are some examples of the physical development you have seen in children from birth to 2 years?**
- **Where are their potential sin issues you may need to address as a parent?**

Age	Physical Development	Social and Emotional Development	Intellectual Development	Language Development
At Birth	Lies in fetal position with knees tucked up. Unable to raise head. Head falls backwards if pulled to sit. Reacts to sudden sound. Closes eye to bright light. Opens eye when held in an upright position.	Bonds with mother. Smiles at mother.	Beginning to develop concepts e.g. becomes aware of physical sensations such as hunger. Explores using his senses. Make eye contact and cry to indicate need.	Cries vigorously. Respond to high-pitched tones by moving his limbs.
3 Months	Pelvis is flat when lying down. Lower back is still weak. Back and neck firm when held sitting. Grasps objects placed in hands. Turns head round to have a look at objects. Establishes eye contact.	Squeals with pleasure appropriately. Reacts with pleasure to familiar routines. Discriminates smile.	Takes increasing interest in his surroundings. Shows interest in playthings. Understand cause and effect... e.g. if you tie one end of a ribbon to his toe and the other to a mobile, he will learn to move the mobile.	Attentive to sounds made by your voice. Indicates needs with differentiated cries. Beginning to vocalize. Smile in response to speech.
6 Months	Can lift head and shoulders. Sits up with support. Enjoys standing and jumping. Transfers objects from one hand to the other. Pulls self up to sit and sits erect with supports. Rolls over prone to supine. Palmer grasp of cube. Well established visual sense.	Responds to different tones of mother. May show 'stranger shyness'. Takes stuff to mouth.	Finds feet interesting. Understand objects and know what to expect of them. Understand 'up' and 'down' and make appropriate gestures, such as raising his arms to be picked.	Double syllable sounds such as 'mama' and 'dada'. Laughs in play. Screams with annoyance.
9 Months	Sits unsupported. Grasps with thumb and index finger. Releases toys by dropping. Wiggles and crawls. Sits unsupported. Picks up objects with pincer grasp. Looks for fallen objects. Holds bottle. Is visually attentive.	Apprehensive about strangers. Imitates hand-clapping. Clings to familiar adults.	Shows interest in picture books. Watches activities of others with interest.	Babbles tunefully. Vocalizes to attract attention. Enjoy communicating with sounds.
1 Year	Stands holding furniture. Stands alone for a second or two, then collapses with a bump. Walks holding one hand. Bends down and picks up objects. Pulls to stand and sits deliberately. May walk alone. Holds spoon. Points at objects. Picks up small objects.	Cooperates with dressing. Waves goodbye. Understands simple commands. Demonstrate affection. Participate in nursery rhymes.	Responds to simple instructions. Uses trial-and-error to learn about objects.	Babbles 2 or 3 words repeatedly. Responds to simple instructions. Understands several words. Uses jargon.
15 Months	Can crawl up stairs front wards. Kneels unaided.	Helps with dressing. Indicates soiled or	Is very curious.	Can communicate needs. Jabbers freely

15 Months	Can crawl up stairs front wards. Kneels unaided. Balance is poor. Can crawl down stairs backwards. Builds 2 block tower. Can place objects precisely. Turns pages of picture book.	Helps with dressing. Indicates soiled or wet paints. Emotionally dependent on familiar adult.	Is very curious.	Can communicate needs. Jabbers freely and loudly.
18 Months	Squats to pick up toys. Can walk alone. Drinks without spilling. Picks up toy without falling over. Shows preference for one hand. Gets up/down stairs holding onto rail. Begins to jump with both feet. Can build a tower of 3 or 4 cubes and throw a ball.	Plays alone near familiar adult. Demands constant mothering. Drinks from a cup with both hands. Feeds self with a spoon. Attains bowel control. Tries to sing. Imitates domestic activities.	Enjoys simple picture books. Explores environment. Knows the names of parts of his body.	Uses 'Jargon'. Uses many intelligible words. Repeats an adult's last word. Jabbering established.
2 Years	Can kick large ball. Squats with ease. Rises without using hands. Builds tower of six cubes. Able to run. Walks up and down stairs 2 feet per step. Builds tower of 6 cubes. Turns	Throws tantrum if frustrated. Can put on shoes. Completely spoon feeds and drinks from cup. Is aware of physical needs. Dry by day.	Joins 2-3 words in sentences. Recognizes details in pictures. Uses own name to refer to self.	Talks to self continuously. Speaks over two hundred words, and accumulate new words very rapidly.

2. Scripture for Discipline and Restoration

The following is a resource list of verses to describe biblical discipline and restoration.

God's Design for Discipline and Restoration

Deuteronomy 8:1-5 (follow commands = blessing; as man to son, God disciplines)
2 Samuel 7:12-16 (Nathan hearing from the Lord concerning David and his son)
Psalm 6 (physical affects from sin & enduring God's discipline, plead for mercy & receives it)
Psalm 19:12-13 (pleading forgiveness for hidden and willful sins)
Psalm 25:4-11 (teach man what is right, forgive sins of youth)
Psalm 32:1-7 (physical affects from sin, God's gracious instruction)
Psalm 39:8-13 (remorse for sin as experience God's discipline & plead for forgiveness)
Psalm 51 (sin against God & ask for redemption)
Psalm 65:3 (even when overwhelmed by sin, can experience forgiveness)
Psalm 94:8-12 (God knows all and blesses men by disciplining them)
Psalm 103:8-12 (God is compassionate, not always giving our just punishment for sin; removes sin)
Psalm 130:3-4, 7-8 (despite the amount of sin, there is forgiveness and full redemption)
Psalm 141:5 (righteous rebuke is good)
Proverbs 3:11,12 (do not despise for God loves those who he disciplines)
Proverbs 5:11-14,21-23 (God sees all and disciplines, so submit & learn)
Proverbs 10:17 (heeding discipline is an example for others)
Proverbs 12:1 (love discipline = love knowledge, hate it = stupid)
Proverbs 13:18 (ignore discipline = poverty & shame, heed it = honor)
Proverbs 14:3 (foolish talk brings rod)
Proverbs 15:10-12 (there is God-ordained discipline for those who stray)
Proverbs 15:31-32 (wise if listen to rebuke, despise self if ignore)
Proverbs 16:22 (folly brings punishment for fools)
Proverbs 17:3,10,26 (Lord tests the heart; a rebuke is good for a discerning man; don't punish innocent)
Proverbs 19:25,29 (flog one person to teach others; mockers & fools bring penalties & beatings)
Proverbs 20:30 (pain brings cleansing change)
Proverbs 26:3 (the rod is for fools)
Lamentations 3:39-58 (examine self, plead to God, redemption will come)

Isaiah 43:25 (God forgives for his sake, and remembers our sin no more)
Isaiah 53:5-6 (picture of Christ taking the punishment of death for our sin)
Jeremiah 31:18-19 (difficult discipline and repentance, but restoration despite disgrace of sin)
Ezekiel 36:24-32 (heart of stone replaced with a heart of flesh and Spirit given to help obey)
Micah 6:7-8 (God desires humble heart, not sacrifice where sin is present)
Romans 2:2-4 (God's kindness brings repentance)
Ephesians 2:1-10 (objects of wrath until Christ saves by faith)
Hebrews 12:4-11 (God's righteous discipline is hard but trains us)
1 John 1:9 (confess sin and God will show faithfulness in forgiving sin)

Parent's Call to Discipline and Restore

Proverbs 13:24 (love child = discipline with rod)
Proverbs 18:13,17 (listen then answer; gather all the facts)
Proverbs 19:18 (discipline son to bring hope, don't willingly give them over to death – i.e. parenting motivated by the gospel, is actively redemptive, not passive permissive)
Proverbs 22:15 (rod of discipline drives folly from a child)
Proverbs 23:13-14 (discipline child with rod to save their soul)
Proverbs 29:15,17 (rod brings wisdom, without it disgrace; it brings peace & delight NOT disorder & sorrow)
Matthew 7:1-5 (be quick to biblically label and address your own sin – you have the log, and the other person the speck)
Matthew 18:15-17 (1 on 1 confrontation, then bring witness, then to the church)
Luke 17:3-4 (rebuke & forgive again and again)
Romans 2:1-4 (do not pass judgment)
Romans 12:17-21 (seek peace, not revenge)
Galatians 6:1 (restore gently)
Colossians 3:13 (forgive as God has forgiven you)
Hebrews 12:14-15 (seek peace, not bitterness)
James 5:19-20 (turn sinner back, save from death)
1 Peter 4:8 (love deeply & cover sins)

Praise God that He graciously disciplines us as a Father! May we be both challenged and encouraged as we read these scriptures. Use these verses and the following questions to guide you as you begin to formulate what discipline will look like in your home.

Why are we to discipline our children?

What is the goal of discipline?

What does discipline and restoration look like according to scripture?

3. Discipline in the Home (an example from the Dostal home)

We want to briefly walk you through what discipline looks like in our home within this age group (birth – 2 years). Like most of the material and examples given throughout this class, how the gospel impacts the discipline and instruction in your home will look different. You will need to decide on how you will carry out to the commands and principles God has graciously provided to guide you as a parental unit (single parent family or couple). Remember unity and consistency are important as you seek to live this out.

4. Rod Rules (article)

Let's read through this article in groups. Briefly discuss the following questions:

As you and your spouse begin to implement scriptural discipline in your home, where do you envision opposition?

How are you going to interact with those around you who disagree with your discipline philosophy?

What will it look like for you to remain consistent with your children and yet wise to the worldly reactions to discipline?

5. "What if?" Situations

Now, let's put it into practice. Use the following questions to help discern how to handle the "What if?" scenarios below.

Is this sinful behavior or childish behavior?

What does this say about their heart? How can you preach the gospel to them, and yourself in this situation?

What is the root sin (not just the behavior)?

What does God's word have to say about this?

What should they strive to do next time?

What if you are having dinner with your husband and 10 mo old child, when your child begins to refuse to eat (spitting it out, throwing it down on the floor and screaming). The last time this meal was eaten, there was not a problem, so you check the temperature of the food again and it is okay.

What if you walk into the living room only to find your 15 mo old happily coloring with markers in your favorite magazine?

What if you are enjoying some lunch with a friend and their child. Your 18 mo old children are playing on the floor, when you see your child grab the toy the other little one was playing with.

What if you are at the park playing on the playground one morning shortly before lunch. You give your 22 mo old a heads up that you will be leaving after going down the slide two more times. Upon reaching the ground the second time, you tell them it is time to go. Immediately they respond with a "no" and begin running in the opposite direction.

Announcements:

Thank you for growing with us these past 6 weeks! We pray that God would continue to give you wisdom and grace wherever you are on the journey of parenting!