



7 OF **TRAITS**
EFFECTIVE
PARENTING™
BY **FOCUS ON THE FAMILY**

BONUS CHAPTER

**Rooted in Grace: Raising Children from
Hard Places in 7 Traits of Effective Parenting**

BY DR. DANIEL P. HUERTA

I'll never forget a home visit I did several years ago at a low-income apartment complex. I was a school social worker in a Title I district. As I drove up, several kids were playing outside by themselves in the parking lot. I walked to the apartment I was asked to visit and knocked on the door. No answer. I knocked again a few times. Eventually, a young child opened the door. It turned out that his mom was unconscious from substance use, and his dad was out gangbanging. There was no food in the refrigerator, and the child looked scared.

That's a not-uncommon scenario for kids to be pulled out of as they enter the foster care system. Children in foster care are often exposed to traumatic experiences that are difficult for their minds to process and navigate. Their journey may be filled with chaos, turmoil, confusion, pain, disconnection, violence, and unpredictability. Understandably, such backgrounds lead to parenting challenges for foster and adoptive parents.

Countless times in therapy sessions, parents of kids in foster care or adoptive parents have come to me hoping I can "fix" their child. What needs to be fixed? The fact is that kids are learning, trying, challenging, and, ultimately, pursuing love, survival, safety, and something to soothe their pain and confusion. Ultimately, their behaviors tend to match their perceived needs. Your response, love, and guidance are up to you, but you need to understand what's behind your child's behaviors.

I'll never forget this great family that came to my practice for help. They were having difficulty with their adoptive teen son. He had been adopted at a young age and was beginning to act out. The dad was having a hard time with his own reactions and had begun to struggle with severe depression. He wanted to be a loving and affectionate dad. Still, he had unresolved issues of his own that were resurfacing from his childhood.

As I met with this father and adopted son, this great dad said something like, "I think I need to work through some things that are bubbling up. Can I make an appointment for just me?"

He had developed a self-awareness and realization that parenting was about

managing his perceptions, beliefs, and emotions well enough to see through his son's behaviors and further into his heart.

Children need to be loved, nurtured, and guided according to their unique design. It takes patience and self-control to get past challenging moments and behaviors and to actually "see" the child. That's where it gets difficult, and wisdom is a must! Scripture provides clear directives in parenting, beginning with loving God with all your heart, soul, might, and mind (see *Deuteronomy 6:5, Matthew 22:37-40, Mark 12:30, and Luke 10:27*). With this foundation, the Bible instructs us to guide our children throughout the day-to-day rhythms.

PARENTING STYLES

Several years ago, my wife's cousin and her husband prayed fervently about adopting a baby. At the time, they had three young kids, but they felt the nudge to adopt another. They found a beautiful baby they could adopt from Haiti. The process was exhausting and challenging, and it took a couple of years to finalize. Still, in the end, they were able to welcome a new addition to their home.

As their children grew up with this new child, they had to make adjustments as a family to this child's needs and unique temperament. Their adopted son required a lot of energy and problem-solving as they adapted.

Over time, both parents made a concerted effort to remain united in their parenting, despite having different personalities. What helped them stay of one mind was that they adopted a humble posture and matched up in two of the three main categories of parenting. They agreed in their parenting goals and behaviors, but they differed in their parenting styles.

Parenting styles encompass patterns of communication, nurturance, warmth, control, expectations, and flexibility, and most parents don't match their spouse's parenting style. Under stress, parents have even more difficulty balancing their parenting approach, pairing high levels of warmth and sensitivity with high levels of expectations and boundaries.¹

Your parenting style is an expression of your perceptions, beliefs, and personality. For example, you may be hyper-focused on rules and immediate obedience, or you may focus primarily on nurturing and warmth. Your parenting style will be influenced by the way you were raised, your core temperament, and your overall philosophy of parenting. However exactly it developed, you bring a certain approach to moments and interactions with your kids.

The authoritarian parenting style focuses more on rules and expectations and minimally on warmth and sensitivity. The permissive parenting style focuses on warmth and sensitivity over rules and expectations.

The authoritative parenting style done well is a balanced mix of high levels of warmth and sensitivity, along with high levels of boundaries and expectations.² This challenging mix requires self-awareness and self-control, but it leads to a more effective communication pattern than other styles.³ Communication, in this pattern, involves listening, understanding, patience, and clarity.

My wife's cousin and her husband chose to follow the authoritative style. They did it imperfectly, of course. (There's no such thing as a perfect parent.) But their approach involved the seven specific traits I've thoroughly explored from the authoritative parenting style: adaptability, respect, intentionality, steadfast love, boundaries, grace and forgiveness, and gratitude. And as research shows, these seven traits, when consistently used, lead to a more secure attachment between the parent and child, as well as effective guidance of children, regardless of temperament differences.

7 Traits of Effective Parenting, the title of the book of which this chapter is a part, are based on research by Diana Baumrind on the authoritative parenting style and Mary Ainsworth's research on secure attachment between parents and children. From their research, I've distilled several practical understandings and tools that parents can use as they strive to love and guide each of their children. I've worked effectively with families since the late 1990s as a Licensed Clinical Social Worker (LCSW) and clinical psychologist (PsyD).

ADVERSE CHILDHOOD EXPERIENCES (ACEs)

In general, kids in foster care are more likely than others to have experienced neglect and/or abuse of some kind. They may have witnessed substance abuse by their parents, violence, and other traumatic events—perhaps regularly. These experiences are called adverse childhood experiences, or ACEs. They can lead to stunted brain development in areas responsible for the child’s self-control and emotional processing.

This means people around them need to practice patience, love, clarity, and communication skills as they learn to respond to the children’s impulses, needs, emotions, and desires. Throughout my more than two decades of providing family therapy, I’ve found that as with parenting generally, parents are most effective in loving and guiding kids with a variety of ACEs when they consistently use the seven traits of effective parenting.

One challenge you may face in parenting a foster child, however, is that you may have your own needs, desires, triggers, worries, and stresses that cause you to react negatively rather than respond in the way you intended or wanted.⁴ These internal factors disrupt your ability to consistently exhibit the seven traits (or an authoritative parenting style) in your everyday parenting.⁵

THE SEVEN TRAITS OF EFFECTIVE PARENTING

The seven traits of effective parenting are organized into three overarching categories: invitation, momentum, and steadfastness. The first two traits, adaptability and respect, are about the invitation to which you’re showing up. Good parenting is about the relationship first. You’re adjusting to the person and situation in front of you through a flexible and adaptive mindset. Then, you ensure that you’re adjusting yourself from the inside out as you respond rather than react, using a respectful mindset that’s attentive, curious, and self-controlled.

The next traits—intentionality, steadfast love, and boundaries—are about momentum. The momentums in parenting include your own, each child’s, the home’s, your spouse’s, your schedules’, society’s, and other demands. These three traits help you consider the

healthy yeses and the healthy noes, providing a steadfast foundation for guidance and direction. As you practice and strengthen these three traits, you create intentional direction, structure, and relational safety.

The final two traits, grace/forgiveness and gratitude, are about the steadfastness you are cultivating in your relationship with your child and your home. The two traits help you rebuild, restore, and repair connections and relationships. They also help you shift your mindset toward building, growth, and taking inventory of what you have rather than what you don't have. In essence, they allow you to have a more adaptive mindset, which helps reinforce the first set of traits as you continue imperfectly to respond to the challenges of human desires, needs, defiance, emotions, behaviors, and dishonesty.

Adaptability

Several years ago, I had the opportunity to work with a couple off and on for a few years as they learned to love and guide a boy they had adopted. He was adopted early in life. When he reached his later preteen years, he began to show defiant behaviors. He was generally quiet and easygoing; however, things were shifting inside him. His parents were understandably concerned. He had become increasingly defiant and angry, and he had begun to focus on the fact that he was black and being raised by white parents. Some kids at school had also said things that made him start to question his sense of belonging in the family.

The couple was looking for direction on how to respond to their son's perceptions, emotions, and behaviors. They felt they were losing him as he tried to make sense of his life story. His curiosity grew about his biological parents, and his emotions bounced between calmness and confusion. It made sense that this family was struggling emotionally. It's not easy to sort through all this quickly with sanity and clarity.

I coached this mom and dad in developing adaptability. This means they were adjusting to the doubts, fears, frustrations, and comparisons their son was wrestling with internally. Their goal was to understand and respond rather than react negatively and control.

When using adaptability as a parent providing foster care, you will:

- **Have flexibility of mind.** A child carrying trauma struggles to manage stress, emotions, behaviors, and communication. Do your best to approach the moment with understanding. You're adjusting not only to the child's dysregulation, but also to his personality differences, which affect perceptions and responses to life and relationships.
- **Use a long-term view.** Your investment in this child's life is an investment in healing brokenness. The fruit of what you do and give may not be seen for years. Invest anyway.
- **Practice curiosity.** Every behavior and emotion is filled with "information gold"! Explore what's happening in your child beyond just behaviors. Is it a trauma response, angry defiance, human imperfection, or a bad habit? What are the thoughts, emotions, beliefs, experiences, relationships, and/or genetic factors that have led to these behaviors? Explore what thought bubbles may be floating around in her mind. Trauma can fragment memories, thoughts, and emotions.
- **Provide validation.** Understand emotions and behaviors to be essential expressions of the perceptions and beliefs your child is communicating. Chronic trauma can cause a child to feel as if he's broken, never good enough, hopeless, unworthy, and unsafe. Take the time to help your child make sense of what she's experiencing.

Think about Psalm 16:7-8, which says, *"I bless the Lord who gives me counsel; in the night also my heart instructs me. I have set the Lord always before me; because he is at my right hand, I shall not be shaken."* God provides us with guidance as we adjust to what's happening around us and within us. Adaptability requires God's wisdom.

Take a few moments to rate yourself on a scale of 0 to 10 on your level of mental flexibility. Zero means you're not flexible but very rigid. It's virtually impossible for people to change your mind about something. Ten means you're very flexible and sometimes don't know your own opinion about things. People are easily able to change your mind.

What would it take for you to get closer to the middle, where you have opinions balanced with a curious open-mindedness to others' points of view? What do you need to do to be a more adaptable parent?

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To learn more, read the chapter on adaptability in the *7 Traits of Effective Parenting* book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

Respect

The second trait is about how you manage yourself—your thoughts, emotions, words, and actions. Managing yourself well involves self-reflection, self-awareness, self-control, and self-regulation. It's about bringing up thoughts, feelings, and behaviors needed in response to what you're adapting to. For example, if your child is saying, "I don't care, you're not my parents anyway! I'll do whatever I want!" you will look for understanding first and then adjust, with patience, to the real issues behind the behaviors and emotions.

In this case, it may be the child feels different, rejected, disconnected, or depressed, or just wants an excuse to do as he pleases. None of these is personal. The child is most likely trying to manage some overwhelming beliefs, thoughts, and feelings, which are spilling out in the way she's learned to express them. The child in your care needs to see a new way modeled, as you provide a culture of respect, for it to take root.

Evidence of respect in your role as a mom or dad providing foster care includes:

- **Being mentally and emotionally present.** Most kids with trauma backgrounds feel unimportant and damaged. Being actively present gives you helpful insight into what may be happening with your child and develops a more profound connection.
- **Your kindness, gentleness, and encouragement.** Be generous with life-giving words and actions. Kids in foster care tend to filter out positive things said to them as self-protection from disappointment and hurt. Say them anyway. The kids want to see if your words are genuine or false. Their rejection or pushback is not a personal attack on you.
- **Pause and reflection.** Take a moment to consider your own thoughts, emotions, interpretations, expectations, and behaviors. What's it like to be with you?

Consider Philippians 2:3-4 and Luke 6:31. Philippians 2:3-4 says, *“Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.”* Jesus said in Luke 6:31, *“And as you wish that others would do to you, do so to them.”* Both of these passages (and many others) highlight caring for the other by taking care of what’s going on inside you.

How does this apply in your role as a foster or adoptive parent?

Take some time to think about what throws you off. What are your triggers?

Why are they triggers, and what can you do to soften or remove their influence on your perceptions and reactions? After all, they’re your triggers to manage.

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To learn more practical ways to live out the trait of respect in your day-to-day parenting, read the chapter on respect in the 7 Traits of Effective Parenting book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

Intentionality

As you utilize this trait, you guide the direction of relationships, conversations, and activities. An intentional approach considers the momentum of what's happening and helps redirect it in the best or healthiest direction.

For example, suppose a child in your care will be getting a smartphone or other electronic device. In that case, you'll need to consider the various momentums surrounding the distractions, temptations, and demands that come with it. Ask yourself, "How will the device be helpful, and how will it be destructive to my child, his relationships, and our home?"

You'll need to consider what's healthy and what's not when it comes to devices, which means taking the time to understand your child and her tendencies and vulnerabilities. Once you know these, the goal is to guide her toward what's healthiest for her emotionally, mentally, physically, relationally, and spiritually. *It's not about making your child happy.* Intentionality requires action and planning on your part, with a focus on connection and what's best for you and your child.

When using intentionality as a parent providing foster care, you will:

- **Follow through on what you commit to.** Children develop a sense of trust toward people who follow through on what they say they're going to do. Kids in foster care are thirsty for a trusting relationship. Still, they're cautious about giving their trust to others.

- **Build into your child and the relationship.** Investing time in conversation, correction, and activity together is essential. Even though the child may push back, be aware that he may feel unworthy, distrusting, or emotionally confused. That means he may say he doesn't want to do anything or spend time with you. But the reality is that he needs your time, attention, and emotional investment. Plan activities together. Pursue and prioritize as you carve out time for relationships and guidance.
- **Guide through teaching, loving correction, and setting clear and consistent boundaries.** Kids in foster care need you to be okay with the uncomfortable emotions that can show up as you try to love and guide them. But again, you're not in their lives to make them happy. Their evaluation of how they feel about things is up to them. You get to provide them with what's best or healthy for them.
- **Plan activities and what needs to be done, including counseling and other required appointments.** Kids in foster care need structure, predictability, and care. You show love by your intentionality in providing these.

Take some time to reflect on Psalm 90, especially Psalm 90:12: *"So teach us to number our days that we may get a heart of wisdom."*

What does this passage say to you about intentionality?

I love how that chapter ends: *"... yes, establish the work of our hands!"* (Psalm 90:17)

Caring for children in foster care and through adoption is guided by God's love and the working of His Spirit. He truly is the one who establishes the work of our hands.

What are some ways you could grow in your intentionality?

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To learn more practical ways to be intentional in your parenting, read the chapter on intentionality in the 7 Traits of Effective Parenting book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

Steadfast Love

Children in foster care aren't used to experiencing long-lasting love. They'll test your love by pushing you away, questioning you, being mean, and shutting you down. Again, it's not personal. They're unsure about your love. When your kids are at their worst, that's when they need your love the most. Steadfast love in parenting requires taking care of yourself well enough to give your love freely and generously.

When using steadfast love as a parent providing foster care, you will:

- **Do your best to be attuned, available, and supportive.** Many times, children in foster care are stuck in a fight-flight-or-freeze response due to compounding traumas. They'll need you to be tuned in to the coping strategies they may have developed. When you practice being aware and emotionally accessible, you approach your child with understanding, ready to nurture, guide, and patiently correct and teach rather than punish and/or withdraw.

- **Do your best to be affectionate and nurturing even when your child acts in unlovable ways.** When kids are at their worst, they truly need your love the most. If they were perfect, you wouldn't grow in your understanding of love and in your ability to give it away freely. Kids with a background filled with traumatic experiences need extra patience, compassion, kindness, and gentleness as they work through misinterpretations, difficult emotions, and the fight-flight-or-freeze response they may be stuck in.
- **Take care of yourself well so you have the emotional regulation and energy to be responsive.** Parenting can be exhausting. You'll need to find creative ways to renew and rest so you can remain responsive. The better you do this, the less likely it is that your triggers (or buttons) will appear. Foster and adoptive parents who do this well find time to work out, take walks, and pursue a hobby. They also actively seek respite care so they can spend quality time with their spouse and friends.

Ephesians 5:1-2 says, *“Therefore be imitators of God, as beloved children. And walk in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.”*

What would it look like to imitate Christ in your parenting?

What's the difference between love and steadfast love?

Life-giving words can create an environment of affection and love.

What are some words that bring life to your kids (you can see it in their response and in their eyes when you say them)?

Write some of these life-giving words on the mirror in their bathroom. That's where they're most likely wrestling with self-hatred and intense insecurities. Let your loving words penetrate their challenging moments of self-reflection.

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To learn more about steadfast love in parenting, read the corresponding chapter in the 7 Traits of Effective Parenting book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

Boundaries

Of all the traits of effective parenting, this can be the most difficult one to do well. When we've examined the results from the *7 Traits of Effective Parenting* assessment, this trait is most commonly an area of needed growth. It's challenging for parents to fully agree on boundaries for themselves, their children, and their home.

This is where personality differences can be quite evident and frustrating. A typical scenario in my counseling practice has been one parent who's extremely rules-focused, while the other views rules as more flexible and as general guidelines. This combination can be confusing and dysregulating for a child who needs predictability and structure.

I've also seen parents who expect certain things from their kids regarding devices, entertainment, and cussing while, at the same time, violating their own rules. Kids in foster care need clarity, consistency, and patient correction as they learn to live within boundaries.

When using boundaries as a parent providing foster care, you will:

- ***Pursue balance, health, and structure over happiness and comfort.*** Learn to discern and choose healthy yeses and noes. Just because your kids have faced adversity doesn't mean your goal is to make them happy. Let them experience emotions as they learn what it means to have balance, structure, and health in their lives. For example, your child may want to eat sugar all day and have access to her phone at mealtimes and bedtime. Just because she wants these things doesn't make them good ideas. Remind your kids you love them and would die for them, and that's why you're putting loving boundaries in their lives. You want true freedom and autonomy for them.
- ***Provide clear and consistent negotiable and non-negotiable rules and expectations.*** All kids benefit developmentally from clarity and consistency when it comes to rules and expectations. You may be busy, tired, or distracted. Regardless, your children need to know what they can advocate for and how to do it respectfully. They also need to learn what it means when something is non-negotiable and how to respect that boundary. Children in foster care often haven't learned what it means to live with boundaries, and their perception may be that your boundaries are mean and bad. Learning how to respond to and live with boundaries will require some unlearning, learning, and relearning. Be patient, and take the time to establish and reinforce these concepts. It will be worth it!

- **Use patience, compassion, love, and understanding as you correct and guide your kids.** This level of self-regulation isn't easy! You'll need to manage your thoughts and big emotions as you respond to inconvenient selfishness, meltdowns, defiance, laziness, and many other challenging attitudes and behaviors. Of course, love should be the foundation for any boundaries you establish.

Consider these passages of Scripture: Proverbs 15:31–16:2, Proverbs 16:21–22, Proverbs 21:2, Proverbs 22:4–6, and Proverbs 24:3–6.

What do these passages say to you about boundaries and wisdom?

What are your negotiable and non-negotiable rules?

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Grace and Forgiveness

Early in my career as a clinical social worker, I sat in on a therapy session with a therapist, foster parents, and the teen girl in their care. During the session, the girl decided to get up, walk out, and slam the door as she left. She was triggered and made it clear she was done.

Her foster mom didn't take it personally. She worked with the therapist to consider the various things pressing in on that teenager. Even though her stepping out of the session could be seen as rude and disrespectful, the therapist and mom both considered all that was behind her behavior. They sought to understand her perceptions and emotions and didn't just react to her behaviors.

Foster and adoptive parents who approach challenging moments with grace and repair broken moments with forgiveness have learned not to take emotions and behaviors personally. They've learned the importance of connection and protecting the relationship; they don't prioritize their own needs. Modeling this approach will further build trust and secure attachment in your home.

When using grace and forgiveness as a parent providing foster and/or adoptive care, you will:

- ***Pursue understanding, compassion, humility, and grace.*** Your children are relying on you to help them make sense of their story, experiences, relationships, emotions, and thoughts. Your grace and forgiveness will give them the space they need to be loved, imperfections and all.
- ***Do your best to encourage reconnection, restoration, and repair.*** Pursue reconnection after conflict or correction. Both of these create further insecurity for kids, especially kids in foster care or adoption. Talk about how bridges help connect two pieces of land and require ongoing maintenance. (More on this analogy is included in the book *7 Traits of Effective Parenting*.)

- **Work hard at restoring relationship, communication, and emotional safety.** Take courage as you model healthy conflict in your home. That means it's safe to disagree, it's safe to have different opinions, and it's safe to express emotions. Make time for clarifying conversations, and model the art of listening first. Kids who are in a fight-flight-or-freeze mode tend to shut down or explode when they feel afraid, frustrated, abandoned, or cornered. Clarifying conversations could begin with, "Help me understand ..." or "I can tell that upset you, so help me understand ..."

Take a few moments to ponder Ephesians 4:31-32: *"Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."*

What anger, bitterness, or malice do you hold inside?

What's difficult for you to forgive as a spouse? As a parent?

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To learn more about grace and forgiveness in parenting, read the corresponding chapter in the 7 Traits of Effective Parenting book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

Gratitude

In a recent poll about New Year's resolutions (www.mottpoll.org), nearly eight out of ten parents who made a parenting goal said they want to be more patient. Other surveys confirm that parents desire to be more patient. And researchers have discovered that one thing helping in the development of patience is gratitude, leading to parents' experiencing more-positive emotions and less-aggressive behaviors.

Gratitude is a necessary reset of the mind. I've witnessed the impact of parents living out this trait in their day-to-day parenting. Those parents were more resilient, positive, and adaptive. It's not by accident that this is the final trait. It helps grow and regenerate an adaptive and more resilient mindset, which helps the other traits continue to develop as well.

When using gratitude as a parent providing foster and adoptive care, you will:

- **Practice resetting your mind through a grateful mindset.** The gratitude reset helps shift your attention, interpretations, and attitude toward a more positive and humble posture. Practicing gratitude can be as simple as being thankful for a house to organize, dishes to clean, and clothes to wash, because they're evidence of life in your home. Children in foster care often have a mindset of being in survival mode. A parent's grateful mind, over time, will help kids reset their minds and will help them lessen their fight-flight-or-freeze response. Gratitude fosters greater peacefulness within and around a person.
- **Focus on what you have rather than what you don't have (i.e., an abundance mindset vs. a deficit mindset).** This posture will help you lower your anxious thoughts and emotions. Parents who focus on what they're thankful for tend to be more positive, friendly, approachable, and

regulated. Modeling this with kids in your care will help them experience some calmness amid their mental chaos, which might include life and food insecurities.

- **Verbalize what you're thankful for.** If you do this, your kids will learn how to appreciate things instead of just noticing what they dislike. They'll learn to see the "masterpiece" rather than the "missing tile." Create an environment that consistently communicates thankfulness.

Consider Colossians 3:12-17. Note how many times we're called to be thankful. Try to come up with 100 different things you're thankful for. Verbalize those to your family or someone you know. Observe how you feel as you genuinely share what you're thankful for. Post your list somewhere you and your family can see it, and add to it as needed.

The seven traits of effective parenting can help you continue growing and establishing a more healthy, authoritative parenting style. Parenting isn't about being perfect. It's about learning to love and be loved. It's about learning to guide and correct with the purpose of growth rather than control. And it's about becoming increasingly like Jesus and experiencing the depths of His transformational love. Kids in foster care need the healing love of Christ.

"May the Lord direct your hearts to the love of God and to the steadfastness of Christ Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all" (2 Thessalonians 3:5, 16).

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To learn more about gratitude in parenting, read the gratitude chapter in the 7 Traits of Effective Parenting book at store.FocusOnTheFamily.com/7-traits-of-effective-parenting

If you have time and want to ponder a few more things:

- Which of the seven traits is most natural for you? Which one needs more attention and growth? How does your assessment match with the online assessment you took?
- How has adversity shaped your parenting responses? What do you want to change, and what's stopping you from making that change or those changes?
- Where do you see God already working in your home? What are you doing to celebrate His goodness?

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Endnotes

1 Terrence Sanvictores and Magda D. Mendez, “Types of Parenting Styles and Effects on Children,” National Library of Medicine, accessed 08/07/25; www.ncbi.nlm.nih.gov/books/NBK568743/.

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