***FRUIT OF THE SPIRIT***

***A RESOURCE FOR PARENTS while getting through this Pandemic Season***

**INTRODUCTION**

Instead of presenting a **2022 Parent Spring Conference** the Very Important Parents (V.I.P.) Ministry of Mt. Olive Institutional Missionary Baptist Church decided to present this **RESOURCE FOR PARENTS** as a convenient reference, as we support each other, while recovering from the effects of the recent Pandemic Season.

*PATIENCE*

Whether you are an Adult, or Child of color, this season of our lives—called pandemic—has unsurfaced some issues that can no longer be ignored as we strive to help our Children return to their best selves. According to the June 2020 CDC Morbidity & Mortality Weekly Report, our children have witnessed increased Covid 19 illness and deaths, and families have suffered disproportionate economic setbacks so they are at a greater risk of food insecurity, unstable housing and the effects of domestic violence. Such stressors on Adults in our communities may also make it harder for Parents to be available for their Children, and may be less likely to have access to healthy stress management approaches. Nationally Black and Latino/Hispanic Adults reported increased rates of negative mental health consequences from the pandemic—including suicidal thoughts—than did white people.

Therefore, locally, the V.I.P. Ministry strives to assist Parents by enclosing the following references and resources which can serve to broaden the selection of solutions needed as this pandemic season begins to fade away. Even in the midst of a pandemic *we can bear Fruit of The Spirit* by staying focused on our Vision (from I Peter 2:9) and on our Mission to “refresh the mindset and renew the Spirits of Parents who may believe they are in this struggle of raising their children alone.” We encourage Parents, Grandparents, Teachers and All Childcare Providers to remain prayerful as you meet specific challenges for the benefit of your Children and to the Glory of God.

*PEACE*

*You are not alone. Take the journey through these RESOURCES as though you are attending a Group Session at an actual Conference of your peers.* To God Be The Glory for All HE is doing for You and Your Children even in a pandemic.

SPECIFIC NEEDS OF CHILDREN **Matthew 19:14**

***“Jesus*** *said, Let the little children come to me, and do not hinder them, for the Kingdom of heaven belongs to such as these.” (NIV)*

*KINDNESS & FAITHFULNESS*

**Infants to Elementary Ages**

* **Parents can receive Parenting Classes, Medical Services and Baby Supplies from our Partners at** Life Clinic 4364 State Street Saginaw 989 430-0136
* **A Parent Guide: Helping Your Child Learn to Read, Pre-School to 3rd Grade** [**www.nichd.nih.gov**](http://www.nichd.nih.gov)
* **Ignite Your Childs Black Math Genius: A 5 Day Challenge** *STARTS MAY 5, 2022*  **FREE Strategies** [**https://Sankofaclub.com/Ignite**](https://Sankofaclub.com/Ignite)

**Middle School & High School Ages**

* **Questions about Covid 19 Vaccinations for Children?**

**Ask your child’s Pediatrician or Dr. Delicia (Seals) Pruitt, Director of the Saginaw County Public Health Department 989 758-3813**

* **Questions about the effects of Virtual Learning on your child’s learning and mental health?**

**Ask your pediatrician for referrals to cognitive/mental health Specialists.**

**Ask Dr. Pam Pugh, State Board of Education Officer about specific effects on Schools in Michigan Counties. Email:** [**pughp@michigan.gov**](mailto:pughp@michigan.gov)

* ***S.W.A.G. (Students With A Gift) Magazine* Julian Morris,**

**the teenage Editor, focuses on Teens and Young Adults in the entertainment world and the hottest trends. But he also focuses on health and wellness of teens, financial literacy, money management tips and college tips: the voice of the younger generation. These topics can spark conversations with you and your child. P.O. Box 3702 Saginaw 48605** [**www.theswagmagazine.com**](http://www.theswagmagazine.com)

**FOR CHILD-BEARING-AGE PARENTS Psalm 127: 3,5**

**“Behold, children are a heritage from the Lord, the fruit of the womb a reward. “the man who fills his quiver with them. He shall not be put to shame when he speaks with his enemies in the gate.” (ESV)**

GENTLENESS & SELF-CONTROL

**During the pandemic Children of Color have had to cope with multiple layers of obstacles rooted in racism, poverty and community violence. These issues have exposed, and expanded Mental Health Issues that can no longer be ignored in Children and Adults. Please seek out Referrals for help from your Physicians or from The Olive Branch Ministry regarding:**

* **Anxiety and Grief due to witnessing increased Covid 19 illness and death without benefit of comforting your Loved Ones in person.**
* **Low Self-Esteem due to deficits highlighted during Virtual Learning Tasks.**
* **Suicidal Ideations due to isolation, poor communication and coping skills led to the need for** Mental Health First Aid Classes: Call 989 797-3451
* **Conflict Resolution Skills needed to heal family units due to**

**--Increased stress and/or Substance Abuse due to “homebound” issues.**

**--Increased fears/poor decisions made related to racism broadcasted Live.**

**--Increased separations due to Juvenile and/or Parental Court Involvements/Delays due to Covid restrictions holding Parties longer and without family support present.**

* **Social-economic Issues as families hardest hit by pandemic increased in risk of food insecurities, unstable housing and effects of domestic abuse.**

**JOY**

**Podcasts: a convenient way this community of Parents searches for solutions:**

1. **“Why and Why Not” by Benjamin and Kirsten Watson, Ex-NFL Player & his wife/mother of their seven children** [**www.podcasts.apple.com**](http://www.podcasts.apple.com)
2. **“Blended Families Ministry” Facebook page &** [**www.podchaser.com**](http://www.podchaser.com)
3. **“Parenting Beyond Discipline”** [**www.yourvillageonline.com**](http://www.yourvillageonline.com)
4. **“Stepparenting"** [**www.stepparentworld.com**](http://www.stepparentworld.com)
5. **“Fathering Together”** [**https://www.fatheringtogether.org/**](https://www.fatheringtogether.org/)

LOVE & PATIENCE

**Single Parenting**

* **Podcast: “Single Mom Strong”** [**www.anchor.fm/single-mom-strong.com**](http://www.anchor.fm/single-mom-strong.com)
* **Recently the V.I.P. Ministry formed a Partnership with The Saginaw Public School District to Mentor Teen Parents, both male and female. Our specific goals are to apply our Mission to *refresh* the mindset and *renew the spirits* of these young parents who may believe they are in the struggle of raising their children alone when their** **future goals are interrupted. We will accept referrals for young parents who may need such a mentoring relationship.**

**Dealing with Infant Mortality**

* **Network with your OB-GYN Social Workers, Midwives and Doulas for planning your prenatal care and delivery options.**
* **What is the difference between a Midwife and a Doula?**

**Midwives provide *medical care* for your pregnancy, birth, and the immediate postpartum period. Doulas provide you, and your family with *emotional, informational and physical support during* pregnancy, birth and the immediate postpartum period.**

* **The “Why and Why Not” Podcast with the Watsons addresses Miscarriages in their** **episode on “Big Families”.**
* **Seek out Grief Counselors for Miscarriages and Post-Partum Depression.**

**Dealing with Black Mothers Mortality Crisis**

* **Our Partners at** Life **Clinic have Client Advocates who have gained skills to use with pregnant Mothers from the February 28, 2022 University of Michigan Video entitled, “Michigan group aims to help mothers as maternal death rate surges for Black Women.”**
* Life Clinic **also has a Midwife and Doula as a Service for their Clients.**
* **Serena Williams also shares her near-death experience after giving birth to her daughter, Olympia in an article posted on** [**www.usatoday.com**](http://www.usatoday.com)

**GRANDPARENTING—Psalm 92:14**

**They will still bear fruit in old age, they will stay fresh and green,” (NIV)**

GOODNESS

**We all know there is a difference between Babysitting Your Grands and Raising your Grands! Your ROLE & TIME SPENT in their lives (as well as your age) will determine your need for the following Support Services:**

* **Our Very Important Parents (V.I.P.) Ministry currently meets on the 4th Saturday, during the School Year, on Zoom. Call 989 754-3154 for details.**
* **The Community Action Center (CAC) has Food Give-a-ways and Senior Programs for Home Repairs, Weatherization, etc. Call 989 753-7741**
* **The Commission on Aging (COA) has free legal services, transportation to medical appointments, Meal & Senior Center Activities. Call 989 797-6880**
* **The YMCA has Silver Sneakers, and other Exercise programs that are free and/or part of Health Insurance Plans. Call 989 753-7721**
* **A & D Home Health Care, Inc. has a range of Services from Home Delivered Meals, Chore Services to Transportation for Non-Medical Needs.** [**www.a-dhomecare.com**](http://www.a-dhomecare.com) **Call 1-800-884-3335**

**SPECIAL** M**ENTAL HEALTH PROJECT John 14: 27 “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” (ESV)**

MORE PEACE & JOY

**There are stigma and other challenges that prevent People of Color (POC) from receiving proper mental health services. Consider participating in this Grant Program that is studying the gap in health disparity in our communities.**

Women of Colors **is offering a $50 Gift Card to African Americans who have had mental health and/or substance abuse treatment in the last 5 years. Must be 18, or older and reside in Saginaw County to discretely discuss your experience with a Behavior Healthcare Specialist.** [**ewmtoday@aol.com**](mailto:ewmtoday@aol.com) **989 399-8775 Ext. 5**