

## Parenting Resources

### 1. <https://www.christianparenting.org/>

This site includes a blog as well as a podcast for Christian parents. There are also articles about raising children in a sexualized society and how to talk to your gay child.

### 2. <https://www.focusonthefamily.com/parenting/>

Focus on the Family was one of the radio programs I listened regularly as a new believer. The parenting section of their website has lots of articles in addition to podcasts. Also, the website allows you to focus on parenting articles by topic, children's age or stage and by parenting trait. This site also has lots of articles on healthy sexuality. Very useful.

### 3. <https://www.familylife.com/articles/topics/parenting/>

Family Life Today is another Christian podcast. The parenting section of their website includes several articles on parenting children through all ages as well as articles on healthy sexuality and sex education.

### 4. [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#) by Daniel J. Siegel and Tina Payne Bryson

This is a secular New York Times bestseller. Topics include integrating the left and right brain, integrating memory for growth and healing and integrating self and other among others.

### 5. [The 5 Love Languages of Children: The Secret to Loving Children Effectively](#) by Gary Chapman and Ross Campbell

Knowing your child's love language is essential to loving them well. In addition to exploring the 5 love languages this book explores how to find your child's primary love language and how to integrate discipline and your child's love language.

### 6. <http://christianitytoday.com/>

This is a great resource for parenting articles by very good Christian writers. There's no specific parenting section so the user has to use the search function to find specific parenting articles.

## Sex Related Resources

### 1. Relationships: 11 Lessons to Give Kids a Greater Understanding of Biblical Sexuality by Luke and Trisha Gilkerson

This book provides lessons about healthy sexual relationships and how to deal with sexual temptations from a Christian worldview.

### 2. The Talk: 7 Lessons to Introduce Your Child to Biblical Sexuality by Luke Gilkerson

This book provides lessons about sex education for parents to present to their children. There are also videos that help parents to have a clear message to their children.

### 3. Changes: 7 Biblical Lessons to Make Sense of Puberty by Luke and Trisha Gilkerson

This book provides lessons on the changes that take place during puberty to help parents explain what is happening from a Biblical perspective.

### 4. Passport 2 Purity by Dennis and Barbara Rainey

This is a package including an audio CD, a printed booklet and a journal. The idea behind this resource is to allow the child to listen with the parent to the lessons on the CD and follow along in the booklet. The child is also encouraged to write down their thoughts, questions and ideas in the journal. While the resource recommends covering all lessons in one weekend trip away from home, I personally recommend taking more time to allow the child to digest the material.

### 5. <https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/sex-education/art-20044034>

Sex education from the Mayo Clinic. This site has good material from a no nonsense scientific perspective.

### 6. <https://www.webmd.com/sex-relationships/features/sexual-response-cycle#1>

This site provides information on what happens to the male and female body during the sexual response cycle.