

# OHAA FAMILY NEWSLETTER

FEBRUARY 2023

## UPCOMING EVENTS



- FEBRUARY 6 PARENTS' DAY
- FEBRUARY 6-10 SCIENCE WEEK

### THEME FOR THIS MONTH – EMOTIONS

- The most important decision you make is to be in a good mood."  
--Voltaire
- Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

--Phil 4:6-7 NLT

### Safer Internet Day 2023 – 7th February

This year, it is celebrated on 7th February to make the internet a safer and better place for all, mainly for children and young people.

The celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. From cyberbullying to social networking to digital identity, each year Safer Internet Day aims to raise awareness of emerging online issues and current concerns.

### DECLARATION EVERY MORNING

- **I will not worry about anything but rejoice in the Lord always**
- **I am an overcomer**

## PRAYER CORNER

- Pray for a successful surgery for Baby Helen Amoabea Amissah.
- Pray that God will give OHAA the grace and strength to lead our children to know Christ more and more.

### Things You Need to Teach Your Kids About Emotions

Some emotions seem negative, yet there are two sides of each of them. Even emotions like anger, fear, and guilt have a gift.

It's possible to guide our children through their emotions starting now so they can grow into well-balanced adults. As their caregivers, we can give them a head start by teaching these things.

- **Emotions are gifts and tools.**

Emotions are innate gifts that allow us to communicate and also help us discover and build on what we are passionate about. By allowing our children to fully experience their emotions, we're also helping them discover their callings, which leads to fulfillment.

- **Emotions are meant to be expressed and felt**

Hurt, loneliness, and sadness are better for us when we actually communicate them to those who have caused us to feel them.

By giving our children the freedom to safely come to us and tell us how they feel, they can learn to build relationships based on openness and honesty.

There is a difference between controlling and suppressing an emotion. Suppressing emotions can lead to anger issues, apathy, depression, resentment, self-pity, and anxiety.

- **Emotions move us into action**

Emotions move us into action. For example, anger can lead us into passionate action toward justice and truth; guilt and shame can lead to action that seeks help and change within ourselves; and fear helps us to take precautions, avoid unnecessary risks, and rely on God.

- **Emotions are meant to be understood.**

Understanding what makes our children feel guilt or shame gives us an opportunity to walk them through asking for forgiveness. Understanding why they feel hurt allows us to teach them about grace and forgiveness so they can begin to heal and understanding what truly makes them glad will allow them to experience the fullness of life.

Montes, Mel. "5 Things you need to teach your kids about emotions" *imom*, <http://https://www.imom.com/5-things-teach-kids-about-8-emotions/> Accessed 29th January 2023.