

Keys to Raising Tough, Rock Solid Children

Brigham Young University-Idaho
Campus Education Week, July 2009

A Message From Camp

Dear Mom and Dad:

Our camp counselor told us to write our parents in case you heard about the flood and got worried. Don't worry, we're fine. I got out of the cabin just before it floated away, and I still have my toothbrush. Nobody got drowned because most of the kids were out in the woods looking for Isaac. Luckily black bears aren't as fierce as grizzlies, so Isaac is okay. Please call his mom and tell her. He can't write because of the cast. We never would have found him in the dark if it hadn't been for the lightninging.

A Message from Camp

Did you know that if you put a gas can on a fire, it will blow up? Wet wood doesn't burn so good, but tents do. And clothes. Billy is going to look weird until his hair grows back. We'll be home Saturday if Mr. Chadwick gets the van fixed. It wasn't his fault about the accident. The brakes worked fine when we left. It's a neat van. He doesn't need insurance on it. And we can get it dirty or ride on the roof. It gets pretty crowded up there with 15 kids.

A Message from Camp

Mr. Chadwick is cool. He's gonna teach me how to drive. Don't worry, he only lets me drive on Mountain Roads were there isn't much traffic. Just logging trucks and moose. Tonight he's gonna teach me to swim. And dive off the rocks.


I threw up this morning. Our speaker, Mr. Gibbs, said it was just the leftover potato salad. He says he used to get sick like that on the food in prison. I'm so glad he got out and came to teach us about the Bible. Well, I better go. We're going to town to mail these letters and buy bullets. Don't worry about a thing.

Love, Jimmy

PS: How long since I had a tetanus shot?

Confidence?

"Confidence is what you have before you understand the situation" (As cited by James C. Dobson, *Parenting Isn't for Cowards* [Dallas, TX: Word Publishing, 1987], 10).



A Prophet's Warning

"In terms of your happiness, in terms of the matters that make you proud or sad, nothing—I repeat, nothing—will have so profound an effect on you as the way your children turn out. You will either rejoice and boast of their accomplishments or you will weep, head in hands, bereft and forlorn, if they become a disappointment or an embarrassment to you." (Gordon B. Hinckley, *Great Shall Be the Peace of Thy Children*, *Ensign*, Nov. 2000, 50).

Courage, Responsibility, & Cooperation

"A sound family life provides children with the best classroom for learning how to run their own lives, which should be the goal of every parent. Developing a strong sense of personal responsibility in childhood is essential in helping children become prepared for the challenges of adult life in an often demanding and stressful world. Courage, responsibility, and cooperation—the three qualities at the heart of a healthy personality—are all intertwined and are best learned in the family. When we look at people who have it all together and who are successful, we see them demonstrate these qualities over and over again" (Kenneth N. Condrell, *Wimpy Parents*, [New York: Warner Books, 1998], 34).

Essential #1: Connection

- **Consistent, stable, positive, emotional connections with significant others, appear to equip children with important social skills and a sense that the world is safe, secure, and predictable.**
- **In order to do this well, we need to spend individual time with our kids. It will make a world of difference. See 3 Nephi 17:1-7 (See Eph. 6:1-4; Colossians 3:20-21; Romans 12:9-10; 2 Cor. 12:14).**

Crazy about Kids!

"Every child should spend a substantial amount of time with somebody who's crazy about him or her....There has to be at least one person who has an irrational involvement with that child, someone who thinks that kid is more important than other people's kids, someone who's in love with him or her, and whom he or she loves in return....You can't pay a [person] to do what a [parent] will do for free" (Urie Brofenbrenner, "Nobody Home: The Erosion of the American Family," *Psychology Today*, May 1977).

Children Need More Than Love

"Children need more than love. They need continuing relationships with the people who love them. People use to talk a lot about quality time with their children. But they seemed to mean, 'I'm going to do something very nice and maybe even spend some money on you. But I only have half an hour, so enjoy it!' That is no way to build a relationship.... Relationships include taking time to be with each other. They are also about sensing the other person's unique hopes and wishes...."



Got Time?

"Relationships are not built while running a stopwatch. They grow when people take time to be together. But there is more at issue than time. We need to be in tune with the other person's needs, feelings, preferences. Sometimes the opportunity to show our love comes at inopportune times and in unexpected ways....For each person there is a different pattern of hopes, dreams, needs, and preferences" (H. Wallace Goddard, *The Frightful and Joyous Journey of Family Life: Applying Gospel Insights in the Home*, [Salt Lake City: Bookcraft, 1997], pp. 96-97).



Family Connection

- Giving praise and expressing appreciation were cited by some youth as sources of connectedness.
- "I was always complimented for the good things I had done, and my parents often told me that they were proud of me," one youth stated.
- Another youth described how his parents were supportive of him and attended his school and Church activities: "Even though my dad is a very busy man, he tried hard to attend our activities and always made time for us to do things together as a family."

What Can Parents Do to Foster Family Connectedness?

1. **Spend one-on-one time with teenagers.** A ride in the car, a special meal at a restaurant, or a friendly discussion late at night are good opportunities for parents to strengthen ties with youth.
2. **Express love often.** Assurances of love and acceptance are crucial for healthy development. A kindly touch, a hug, or a warm smile are easy ways to express love. Many youth in the survey wished their parents would have expressed their love more often.
3. **Spend time together as a family.** Family dinnertime, family home evening, and family outings develop feelings of connectedness. Don't mistake time in the same room as time together. Also, there cannot be "quality time" without "quantity time."

What Can Parents Do to Foster Family Connectedness?

4. **Be liberal with praise and generous with forgiveness.** Teens thrive on recognition and acceptance, especially from parents. Focus more on your children's strengths than their weaknesses, and remember that everyone makes mistakes. A spirit of love, forgiveness, and acceptance are vital in maintaining connectedness as you help children correct poor choices.
5. **Develop family traditions.** Family traditions connect people in warm and winning ways. Long after youth grow up and leave home, they will recall with nostalgia family vacations, birthday parties, holiday observances, and other special times (Top & Chadwick, "Helping Teens Stay Strong," *Ensign*, Mar. 1999, 27).



Essential #2: Regulation

- Adequate regulation of adolescents, in terms of supervision, monitoring, rule-setting, and other forms of behavioral control are necessary and eventually lead to self-regulation.
- Our children will never be able to regulate themselves if they are not first regulated by their parents. Children who do not experience regulation tend to be impulsive, prone to risk-taking, and more susceptible to other influences.
- Remember that there is nothing wrong with having rules. There is nothing wrong with setting up fences and boundaries.
- I continue to meet many members of the church who do not believe in telling their children "no." Who will not correct their children. What a tragedy. I believe it is a satanic belief. It is certainly not Christlike. The Savior's teachings found in the scriptures are complete with "no's" and "Thou shalt not's." Let's take a lesson there. (1 Tim 3:4; 1 Tim 5:4; Eph. 6:1-2).

Regulation leads to Self-regulation

- Youth who grow up in homes without specific rules or expectations often fail to learn to positively control their own behavior.
- They tend to act impulsively and are highly susceptible to peer influences, both of which contribute to delinquency.
- It was interesting to note that few youth complained about the strictness of their parents or number of family rules.
- On the contrary, several youth wrote they wished their parents would have been *more strict* and had given them *more guidance* through these difficult years (Top & Chadwick, "Helping Teens Stay Strong," *Ensign*, Mar. 1999, 27).

Rules, Anyone?

"One of the best ways to establish preventative teaching as the main form of discipline is to have and use consistently a clear set of family rules. Anything desired of a child becomes a rule. Rules exist to guide our children's behavior and to make the world more predictable, safe, and comfortable for all of us. Children need rules, even though enforcing them can be unpleasant for the parents and children at times" (C. Richard Chidester, *Eternal Families*, eds. Douglas E. Brinley & Daniel K. Judd [Salt Lake City: Bookcraft, 1996], 45).

Parents Teach Obedience

President David O. McKay stated, "Parents who fail to teach obedience to their children, if [their] homes do not develop obedience society will demand it and get it. It is therefore better for the home, with its kindness, sympathy and understanding to train the child in obedience rather than callously to leave him to the brutal and unsympathetic discipline that society will impose if the home has not already fulfilled its obligation." (*The Responsibility of Parents to Their Children*, 3).



Ephesians 6:1-4

Nurture: (GR) paideia; from tutorage; education or training, by implication, disciplinary correction: chastening, chastisement, instruction. (See *Strong's Exhaustive Concordance of the Bible*, 71).

Nurture: Care (See *The New Testament for Latter-day Saint Families* [Salt Lake City: Bookcraft, 1998], 370).



Ephesians 6:1-4


Admonition: (GR) Nouthesia; calling attention to by implying a mild rebuke or warning.

Admonition: Teachings (See *The New Testament for Latter-day Saint Families*, 370).



Kind Words

"Kind words and loving actions towards children, will subdue their uneducated natures a great deal better than the rod, or, in other words, than physical punishment. Although it is written that, 'The rod and reproof give wisdom, but a child left to himself bringeth his mother to shame,' [Proverbs 29:15] and, 'he that spareth his rod hateth his son, but he that loveth him chasteneth him betimes,' [Proverbs 13:24] these quotations refer to wise and prudent corrections. **Children who have lived in the sunbeams of parental kindness and affection, when made aware of parents displeasure, and receive a kind reproof from parental lips, are more thoroughly chastened, than by any physical punishment that could be applied to their persons....** When children are reared under the rod,.... it not unfrequently occurs, that they become so stupefied and lost to every high-toned feeling and sentiment, that though you bray them in a mortar among wheat with a pestle, yet will not their foolishness depart from them" (Brigham Young, *JD*, 10:360-61).



Correct Children with Love

"Use no lash and no violence. . . but approach [children] them with reason, with persuasion and love unfeigned. . . The man who will be angry at his boy, and try to correct him while he is in anger, is in the greatest fault. . . You can only correct your children by love, in kindness, by love unfeigned, by persuasion, and reason" (President Joseph F. Smith, *Gospel Doctrine* [Salt Lake City: Deseret Book, 1963], 316-317).



Quick to Observe

- Obedience
- Exactness
- Straightway Obedience



What Can Parents Do to Foster Family Regulation?

1. **Establish family rules.** Teens need the structure provided by family rules. Build family, Church, and school expectations into the rules, and allow youth significant input in the development of them. Rules can be reviewed during family councils or family home evening, and appropriate consequences can be discussed.
2. **Assign all family members household chores.** This helps teenagers develop a sense of responsibility and helps them see their behavior has consequences for others.
3. **Monitor behavior.** Talk with your teens and ask about what they are doing, where they are going, whom they will be with, and what money they have. If you doubt the answers, check with teachers or parents of friends. Watch for signs of trouble, such as a decline in school performance, complaints from teachers or other authority figures, sudden personality changes, or staying out too late at night.

Fostering Regulation (Cont.)

4. **Enforce the rules.** This may seem hard since you wish to keep the relationship positive, but it is critical that teens learn their behavior brings consequences. Quietly but firmly discuss any violation of a rule and explain the impact such behavior has on the teen and others. Parents must stand together in enforcement of family rules.
5. **Show increased love following reprimands.** Teens sometimes perceive punishment as rejection, so it is important to express love after an incident (see **D&C 121:43**) (**Top & Chadwick, "Helping Teens Stay Strong," Ensign, Mar. 1999, 27**).

Essential #3: Autonomy

- Parental intrusion into the development of psychological autonomy is a significant risk factor for problem behavior.
- Children need some independence; they need to have their own opinion's, their own testimony, their own way to do things.
- To assume that the parental way is the right way; or better yet, the only way, could be damaging to the psyche of a child. (Eph. 4:29-32).

Freedom to Express Their Own Thoughts

- Showing respect for differing opinions and helping youth explore new ideas and their consequences help build a sense of personal worth.
- When parents are not tolerant of views and opinions, youth don't learn to trust their own perceptions or feelings and may look to their peers for a sense of personal worth or withdraw inside themselves and develop emotional problems, such as depression.
- "When I tried to talk to my parents," one young lady reported, "they made me feel like my ideas and desires were stupid." (**Top & Chadwick, "Helping Teens Stay Strong," Ensign, Mar. 1999, 27**).

What Can Parents Do to Foster Psychological Autonomy?

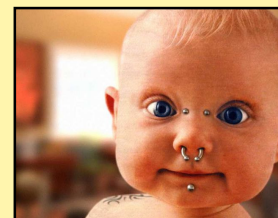
1. **Encourage teenagers to share their feelings.** Listen with interest to their opinions, hopes, and desires. Ask them what they think about a specific gospel principle, a family rule, an event that happened at school or in the community, a television program, or the actions of a respected Church leader.
2. **Accept their freedom to express their views even if you disagree with them.** Confidence to express ideas is critical in the development of a competent young adult.
3. **Help teenagers explore the sources of their attitudes and the consequences of them.** Don't overreact to "off-the-wall" ideas or opinions. Rather, acknowledge the idea as important, then explore the origins of it. Subtle guidance and sharing of your views often help a teen develop attitudes consistent with gospel principles.

Fostering Autonomy (Cont.)

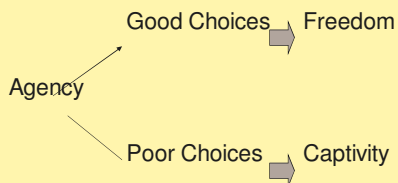
4. **Allow teenagers the opportunity to develop their own avenues of worth.** While participation on a basketball or debate team may have been important to a parent, a teen may not have the same interest or ability.
5. **Don't resort to withdrawal of love as a means of correcting behavior.** Teens experiencing this type of control from their parents withdraw themselves and experience a loss of self-worth. Instead of moving toward independence, they often become more dependent on parents or peer groups (**Top & Chadwick, "Helping Teens Stay Strong," Ensign, Mar. 1999, 27**).

Understanding Agency

Agency could be one of the most misunderstood concepts in parenting. There is no such thing as freedom without consequence, or freedom without accountability!



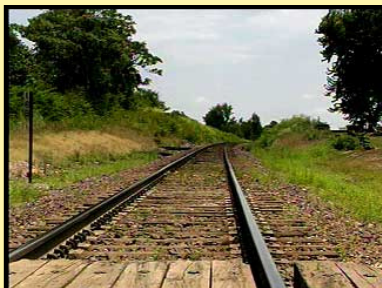
The Book of Mormon on Agency



Freedom vs. Agency

- “Agency,” not free agency is the correct term
- Agency is not free, it cost the best blood of this earth
- Moreover, agency always implies consequences for our behavior, both positive and negative
- Many parents confuse “Freedom” with “Agency.”

Do the Tracks Take Away the Train’s Agency



The Tragedy of Grass Licking

“This is the true tragedy of grass licking obedience to the standards and counsels of the Church. Parents must be careful in their own pushing of the limits not to create holes that their children will slip through.

Compromising, for example, on the types of movies we watch may create a hole that our children will crawl through to their own destruction. One generation’s exception becomes the next generation’s rule, as standards of behavior deteriorate. If the cows had stayed in the center of the meadow, no calf would have ever been lost.”

(S. Michael Wilcox, *Don’t Leap with the Sheep, and other scriptural strategies for avoiding Satan’s Snares* [Deseret Book: Salt Lake City, 2001], 131-134).



A Warning to Parents

“All are free to choose, of course, and we would not have it otherwise. Unfortunately, however, when some choose slackness, they are choosing not only for themselves, but for the next generation and the next. *Small equivocations in parents can produce large deviations in their children!*” (Neal A. Maxwell, *CR*, October 1992, 89; emphasis added).

Parenting Is Not a Popularity Contest!

“Even though your children say, ‘Well, everyone else is going to stay out until one or two in the morning, and their parents don’t care. Why can’t I? Don’t you trust me?’ Let them know that there are some things that, as members of your family, you simply do not do. *Some parents seem almost pathologically concerned about their children’s popularity and social acceptance and go along with many things that are really against their better judgment, such as expensive fads, immodest clothes, late hours, dating before age 16, r-rated movies, and so on. For children and parents, standing up for what is right may be lonely at times. There may be evenings alone, parties missed, and movies which go unseen. It may not always be fun. But parenting is not a popularity contest!*” (Joe J. Christensen, *CR*, October 1993, p. 13; emphasis added).

Parents: Rise Up and Be Responsible

"Sometimes some parents mistakenly feel that they can relax a little as to conduct and conformity or take perhaps a so called liberal view of basic and fundamental things— thinking that a little laxness or indulgence won't matter— or they may fail to teach or to attend Church, or may voice critical views. Some parents.... seem to feel that they can ease up a little on the fundamentals without affecting their family or their families future. But, he observed, "if a parent goes a little off course, the children are likely to exceed the parents example" (Richard L. Evans, *CR*, October 1964, pp. 135-136).

Key #1 to Raising Rock Solid Children

1. **Let your children play.** Allow them, starting when they are young, some totally unstructured time for exploration and free play. No schedule. No agenda. No adult Coaches. No referees.



Cooperation

"Cooperation means getting along with other people. Life takes on special meaning as we grow in our capacity to enjoy people and relate to them in a give-and-take way. Learning how to make friends and to keep them is what cooperation is all about....encourage friendships. Successful people have friends. Yet this is an area often overlooked by parents, because play is something considered to be nice but not necessary. But keep in mind that children are not born with the social skills they need to make to keep friends. Children need to be taught how to get along with others" (Condrell, *Wimpy Parents*, 37).

Key #2 to Raising Rock Solid Children

2. **Eat dinner together at least five nights a week.** Have everyone eat the same meal. Nothing else on the table but conversation in which every family member gets to participate.



Key #3 to Raising Rock Solid Children

3. **Learn how to discipline your children, each individually.**



Key #4 to Raising Rock Solid Children

4. **Take achievement pressure off your children.** Let them find for themselves the rewards of doing well. Reconnect them with the ability to follow their own curiosity.



Key #5 to Raising Rock Solid Children

5. **Quit hovering over your kids.** As a parent, take a “chill-pill” and let yourself have some fun.



Key #6 to Raising Rock Solid Children

6. **Stop turning parenthood into a profession.**



Key #7 to Raising Rock Solid Children

7. **Teach your kids how to tolerate discomfort.** Teach frustration-tolerance skills and the ability to tolerate uncertainty.



Look for the Natural Consequences

“If your child has forgotten his lunch for the fifth time and calls you from school, don’t rush over. One or two afternoons of going hungry might help him think ahead. Let’s say your child persists in not getting out of bed, and each morning is a tug-of-war. Let him be late. Call the principal or teacher and let them know you will be bringing the child when he is ready. The child will have to face the principal and his teacher. You might even make him go to bed earlier. If you are thinking, ‘But I can’t be mean to my children,’ you are on the way to falling into the wimpy parent trap and staying stuck” (Condrell, *Wimpy Parents*, 41).

Courage

- Encourage your child to take risks and try activities he is not sure of. Succeeding at new things gives self confidence a real boost.
- Teach your children skills they have never practiced before. The more your child knows, the more confident they become.
- Be supportive. When the going gets tough, encourage them and give them confidence.
- Enjoy your child. Confidence grows when a children know that they are important to their parents.
- Ask for your children’s opinions. Kids often have great ideas. When adults ask for them, their confidence is enhanced. (Ideas from Condrell, *Wimpy Parents*, 35).

Key #8 to Raising Rock Solid Children

8. **Learn how to praise your kids— and what for.**



Do Not Supply Material Rewards

"Whatever else you do, do not supply material rewards for achievement. Do not give the kids a BMW—or even a Toyota. Instead, congratulate your kids. And offer praise—and the more specific it is to the challenge, the better off your kids will be. 'That extra time in the library seems to have paid off.' Ask your kid why things worked out so well and what he attributes his success to. You want your kid to understand exactly which efforts pay off in which situations. Supplying external rewards destroys internal motivation. People stop wanting to participate in the activities *without* the rewards. And performance deteriorates as the people start doing the minimum necessary to get the rewards. The prizes turn the activity into work, and that robs kids of their inspiration" (Marano, *A Nation of Wimps*, 261).

Teach Gratitude

"A successful child is an appreciative one. One of the ideas that gets parents into trouble is that good parents should knock themselves out for their kids. Some progressive parenting gurus encourage parents to think that the more they do for their children, the better they are as parents. This has resulted in a lot of parents who are running their kids all over the place to enrich their lives and are ending up with kids who are selfish, demanding, and ungrateful. This approach results in kids who are never satisfied" (Condrell, *Wimpy Parents*, 43).

Key # 9 to Raising Rock Solid Children

9. Encourage your children to problem-solve and take risks.



Key #10 to Raising Rock Solid Children

10. Help your kids fail. Allow your kids to mess up, to experience a little bit of failure, to experience discomfort, and boredom.



Stretch Your Children

- Encourage your kids to try new things
- Encourage them to try some hard things they are not good at
- "A child who never experiences failure will view anything less than total success as a failure. A wholly sanitized childhood will only defer failure until later" (Marano, *A Nation of Wimps*, 262).
- When your kids mess up, connect with them by sharing some of your trials and mistakes. Share with them what you learned.
- Share with your children your own personal "hard-won" coping strategies.
- Don't protect your kids from the consequences of their mistakes. Let them connect cause and effect. Failure teaches kids what doesn't work.

Key #11 to Raising Rock Solid Children

11. Give your kids increasing responsibility for managing their own lives.



Quit Micromanaging

"Cease and desist being the timekeeper for your kids. Scheduling for your kids, and constantly reminding them where they have to be and when, puts them at a tremendous disadvantage when they get off to college and have to manage their own time for the first time. They have trouble functioning. Their difficulties tackling life's petty routines loom large and undermine their ability to focus on school work" (Marano, *A Nation of Wimpy's*, 263).

Teach Responsibility

- Responsibility is more than just making their beds and taking the garbage out.
- Additionally, children need to "admit and face up to their own mistakes. It is so easy and painless to blame others. Children have to move beyond that if they are going to grow" (Condrell, *Wimpy Parents*, 36).
- Mistakes are opportunities for your children to grow.
- Maturity is the ability to process and understand the consequences of their choices.
- Parents should give their children many opportunities to "practice" responsibility in the home.

Teach Manners

- Children who cannot keep friends often lack manners and common courtesy.
- Teach children to say "please," "thank you," and how to ask for permission before doing certain things, not to burp, and knock before opening a door.
- They should learn to shake hands and look adults in the eye, be helpful to others, and apologize when they make mistakes.

Key #12 to Raising Rock Solid Children

12. Take your own brains back. Get out of panic mode and switch to rational mode.



True Grit

"What if it isn't pleasant? What if it's more difficult than you or the children counted on? I'm not sure that Stan and Barbara Shakespeare are in the room, but I close with this from their daughter, Suzanne, age 16:

"Of all the ugly words conceived, chemotherapy must be the very worst. How I hated to see the number four person coming, knowing that after he was finished with his part, mine would begin: Nausea so violent I couldn't keep anything on my stomach, lips so cracked and raw it was like I'd been beaten every morning, my hair began falling [and to any girl nine or ninety, that's a blow to pride only we can understand].

"How I hated to be thin and pale and have people look at me like I was going to disappear before their very eyes. My parents prayed for a miracle. I prayed that it was a bad dream and that it wasn't really happening to me. I knew prayers were answered, and I wanted mine answered right now. Five long, painful learning years (I can see now) later the miracle had happened. I was alive. I was fourteen, and life was beginning all over again. I still remember the day the doctors told me I wouldn't have any more medicine and I was free of the disease. It's true I had a limp and one leg was several times smaller than the other, but I had a beautiful head of my own hair and life. Could anything stand in my way now?"

True Grit

"Well, life was wonderful. She went back to school and prepared to rejoin her friends. She began to be interested in boys and to think of driving a car, and in the midst of all of that, the hurt came again, same leg, same place, new examination, increased inflammation, pain that wouldn't go away, and now another type of cancer.

"Ridiculous. I was cured. September 13, 1978, I lost my left leg about 4 inches above the knee and with it many of the dreams only a sixteen-year-old has. I couldn't decide whether to pray for recovery or for complete oblivion. My world had shattered and I wanted to stop right now--stop because my leg was gone. Stop because I was facing chemotherapy again. Stop because I was once again going to lose my crowning glory. What was left? The Lord blessed me with two very special parents. How hard they must have prayed for me and pleaded that I would have the strength to forge ahead and learn to accept this happening as an opportunity and challenge. I didn't want to get out of bed, but my parents made me. I didn't want to face my friend, but my parents invited them in. I didn't want to go to school.



True Grit

"You can imagine how I felt going that first day with my pant leg flapping, but my parents left me at the door and told me I could do it, and I did. Me, Suzanne Shakespeare, who thought my friends wouldn't like me now and that I wouldn't be able to do anything. I learned something those first few days that is more precious than all my material possessions. I wasn't really different at all. I was still the same girl--the one who joined the clubs and had friends and loved to study. The only thing that had really changed was my capacity to understand and appreciate. What wonderful things to have learned. And guess what. I've had one date and I'm learning to drive and I'm going to try out for the school musical. I'm getting my new leg soon and I know there will be many hard adjustments ahead. I have had chemotherapy and I've been sick, but I'm alive, and the Lord must have something wonderful ahead just for me. And you know what? I'm going to find it. Signed Suzanne Shakespeare, age 16.



True Grit

"Epilogue: Suzanne continued having chemotherapy until January 1979. On a routine visit to the Primary Children's Medical Center in Salt Lake City, a chest x-ray revealed widespread cancer cells in the lungs. There was nothing more medical science could do. Her mother is writing:

"How do you tell a sixteen-year-old girl she is going to die? Straightforwardly, with tears, with love and determination to continue as normally as possible. That's how. Time? Maybe two months.



True Grit

"Soon after she returned home, Suzanne went on a family trip to Disneyland, her favorite place. She attended a four-day forensic meet in Salt Lake, she auditioned and received a part in the high school musical, she asked a young man to the sweetheart ball and danced all evening without crutches on a newly acquired artificial leg. She carried a full load at school and, despite a record winter for snow and ice, rarely missed a day. There began to be shoulder pains, shortness of breath, then loss of appetite, but Suzanne would take nothing but aspirin because pain pills might interfere with her school activities. On 15 March she began a three-week tour of the South with her grandmother. The pace of the tour and her increasing loss of strength made her extremely tired. Breathing became so difficult it was impossible for her to lie down. But still it was only aspirin and determination to see the trip through to Disneyworld. On 27 March her father flew to Miami Beach to bring her home. Her condition was critical. They arrived home early in the morning on the 28th. She had her first pain pill that afternoon and passed away in her sleep that night. On 29 March the rest of the group reached Disneyworld.



True Grit

"These are my childhood friends, Stan and Barbara. I grew up with them, and my daughter has not had cancer. But theirs has and she's gone. And how do you tell a child that life isn't entirely a Disneyworld? Will there be times in your life or theirs that they will need the substance of the gospel in a way that only you can teach it? I close with the counsel of a prophet:

"I have spoken of reservoirs of faith, [said President Kimball] and who is to build these reservoirs? Is this not the reason that God gave to every child two parents? It is those parents who sired and bore them who are expected by the Lord to lay foundations for their children and to build the barns and the tanks and the bins and the reservoirs of faith?

"I testify of the truth of the gospel of Jesus Christ and of the need for faithful teaching concerning it that indeed "our children may know to what source they may look for a remission of their sins." It is in the name of that source, even Jesus Christ, that I do testify. Amen" (Jeffrey R. Holland, "That Our Children May Know," BYU Education Week, 25 August 1981, Internet Transcript).




How Firm a Foundation Line 1

How firm a foundation, ye Saints of the Lord,
Is laid for your faith in his excellent word!
What more can he say than to you he hath said,
Who unto the Savior, who unto the Savior,
Who unto the Savior for refuge have fled?




How Firm a Foundation Line 2

In ev'ry condition—in sickness, in health,
In poverty's vale or abounding in wealth,
At home or abroad, on the land or the sea—
As thy days may demand, as thy days
may demand,
As thy days may demand, so thy succor
shall be.




**How Firm a Foundation
Line 3**

Fear not, I am with thee; oh, be not
dismayed,
For I am thy God and will still give thee
aid.
I'll strengthen thee, help thee, and cause
thee to stand,
Upheld by my righteous, upheld by my
righteous,
Upheld by my righteous, omnipotent hand.




**How Firm a Foundation
Line 4**

When through the deep waters I call thee
to go,
The rivers of sorrow shall not thee
o'erflow,
For I will be with thee, thy troubles to
bless,
And sanctify to thee, and sanctify to thee,
And sanctify to thee thy deepest distress.




**How Firm a Foundation
Line 5**

When through fiery trials thy pathway shall
lie,
My grace, all sufficient, shall be thy
supply.
The flame shall not hurt thee; I only
design
Thy dross to consume, thy dross to
consume,
Thy dross to consume and thy gold to
refine.



**How Firm a Foundation
Line 6**

E'en down to old age, all my people shall
prove
My sov'reign, eternal, unchangeable love;
And then, when gray hair shall their
temples adorn,
Like lambs shall they still, like lambs shall
they still,
Like lambs shall they still in my bosom be
borne.



**How Firm a Foundation
Line 7**

The soul that on Jesus hath leaned for
repose
I will not, I cannot, desert to his foes;
That soul, though all hell should endeavor
to shake,
I'll never, no never, I'll never, no never,
I'll never, no never, no never forsake!