

STATIONS PLEASE NOTE:

Dr. Maier's name is pronounced MY-er. (No long "A" sound like mayor – it's Maier like FIRE ☺)

Air Date: February 19, 2010

Reference: NG-022

"Marriage Spark"

ANCHOR LEAD IN: In the midst of our hectic lives, the last thing many of us make time for is good old-fashioned fun. But as Doctor Bill Maier explains in today's Focus on the Family segment... fun may be just the spark your marriage needs right now...

SCRIPT:

***Nats Full:* bowling, cheering, high-fiving each other**

***Dr. Maier VO:* GINGER AND JACK FRANK MAY NOT BE THE TYPICAL PATRONS OF THIS KIDS' ARCADE.**

***Nats Full:* You're going down Jack Frank.**

***Dr. Maier VO:* BUT THAT'S THE WHOLE POINT.**

***Nats Full:* bumper cars**

***Jack SOT:* We basically came in here and went on all the rides we could think of, the cars, the bumper cars were the good part...**

***Nats Full:* Ohh... look out sweetie I'm sorry.**

:20 Jack Frank – married 26 years

***SOT:* Then laser tag, then DDR dance dance revolution, that's fun, then roller coaster ride...**

***Dr. Maier VO:* ALTHOUGH THEY MAY ACT LIKE TEENAGERS, THE FRANKS HAVE BEEN MARRIED FOR MORE THAN 25 YEARS... AND THEY'RE NOT ABOUT TO LET BOREDOM...**

***Nats Full:* OHH!**

***Dr. Maier VO:* ...SUCK THE LIFE OUT OF THEIR RELATIONSHIP...**

:40 Ginger Frank – married 26 years

***SOT:* Being so predictable can make a marriage really stale, so we do just everything, we enjoy everything from skiing to ballroom dancing or going on a cruise... or hiking... (HIM) even just window shopping, we're big on camping too...**

:50 Dr. Bill Maier – Psychologist, Focus on the Family

SU: IT IS SO IMPORTANT TO MAKE TIME FOR FUN IN YOUR MARRIAGE. WITHOUT IT, THE NEVER-ENDING RESPONSIBILITIES OF LIFE CAN BECOME OPPRESSIVE AND DEADEN YOUR RELATIONSHIP.

:59 Willy Wooten – counselor, Focus on the Family

SOT: It's kind of like maintenance in some ways on your car, if you never do maintenance, are you going to have some major problems, probably... same thing in marriage, if you're not putting time into it, and taking time out and making it purposeful, you're going to have some problems as far as things beginning to pull apart.

Jack SOT: I think sometimes we take our life too seriously, and if life is serious, you get to the other end of life and what have you done? All you've done is made money... but instead if we can have fun together, then we have a life together, and that's so important, is having a life together, as husband and wife, and laughing...absolutely.

Dr. Maier VO: TO PUT THE SPARK BACK IN YOUR MARRIAGE, PUT A DATE NIGHT ON YOUR CALENDAR AT LEAST TWICE A MONTH—AND MAKE KEEPING THAT DATE A PRIORITY. FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: Dr. Maier says dates don't have to be expensive... take turns planning something and don't be afraid to be creative. For more valuable information for your marriage, please visit our website at _____ and click on the Focus on the Family link.

(alternative—send viewers directly to our website at www.focusonthefamilytv.com).

STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: February 26, 2010

Reference: NG-044

“Challenge the Chief”

ANCHOR LEAD IN: Seems like there's one in every family... the kid who just can't accept a boundary without sticking his or her toe over the line – again and again! If this describes someone in your family, Dr. Bill Maier has some help in today's Focus on the Family...

SCRIPT:

Nats full: UH OH

Dr. Maier VO: LILLY JO'S MOM AND DAD THOUGHT THEY HAD THIS PARENTING THING ALL FIGURED OUT...UNTILL SHE CAME ALONG...

:07 Lisa Forbus – mother of 4

SOT: Just a common thing is to get into my lipstick, and I'll tell her over and over no no no mommy, don't get into this, this is mommy's and I'll turn around and she's into it again.

James SOT: She'll pull the barstool all the way over and climb on that and be standing on that and it's rickety. (*Lisa*) She climbed the banister rail (*James*) Yeah on the banister rail

Nats full...

:30 Dr. Bill Maier – psychologist, Focus on the Family

SU: MY COLLEAGUE DR. JAMES DOBSON IT'S CALLS IT “CHALLENGE THE CHIEF” – IT'S A GAME ALL KIDS PLAY, BUT SOME HAVE IT MASTERED...

:35 Tim Sanford – counselor, Focus on the Family

SOT: Some children are going to learn the hard way, their personality, their learning style, just their temperament, they have to reinvent the wheel...

Lisa SOT: We've tried everything we know to direct her, redirect her. ***Nats Full.*** But every time we turn around she's doing something we told her not to do.

Dr. Maier SU: WHEN KIDS CHALLENGE PARENTS' AUTHORITY, IT'S CRITICAL TO RESPOND CORRECTLY. FIRST, KEEP IN MIND THAT WHAT THEY'RE REALLY DOING IS TESTING TO SEE IF YOUR RULES REPRESENT REAL BOUNDARIES...

Tim SOT: Does dad really really mean no, or only when it's convenient - so that's what the challenging, that's what the testing is for, does no mean no.

Dr. Maier VO: BEING CONSISTENT IS ESSENTIAL. ALSO, CHOOSE YOUR BATTLES WISELY AND MAKE SURE THE RULES YOU MAKE THE ARE ONES YOU'RE WILLING TO ENFORCE...

Tim SOT: If they break the rule 5 times that day they get 5 consequences.

Dr. Maier VO: AND DESPITE THE EXTREME FRUSTRATION SOME KIDS TRIGGER... IT'S ALWAYS IMPORTANT TO KEEP YOUR EMOTIONS IN CHECK.

1:32 James Forbus – father of 4

SOT: You may eventually get to a point where you're so stressed that you're condemning the child... we want to prevent that.

1:41 Danny Huerta – counselor, Focus on the Family

SOT: The parent needs to be under control, straightforward with what the expectations have been and currently are, being very consistent with that, and then following through with consequences.

Dr. Maier VO: AND THAT'S HOW – EVENTUALLY – YOU'LL WIN THE GAME OF CHALLENGE THE CHIEF... FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: March 10, 2010

Reference: NG-077

“Beauty Cult”

ANCHOR LEAD IN: It's virtually an obsession with teenage girls... how they look is sometimes the most important thing on their minds... but there are ways for parents to cope with it... as Dr. Bill Maier explains in today's Focus on the Family...

SCRIPT:

:00 Robin Hawk – Mother

SOT: I think every girl is concerned about their physical appearance.

Dr. Maier VO: AND IN OUR CULTURE... THAT CONCERN CAN GET OUT OF CONTROL... YOU MIGHT EVEN CALL IT, THE BEAUTY CULT...

SOT: I mean there's always those few days where you're like, ah, I look terrible...

SOT: Sometimes my hair and sometimes just the shape of my body...

SOT: You're like, I wish I could look as cute as them...

:33 Dr. Bill Maier – Psychologist, Focus on the Family

VO/SU: HOLLYWOOD, FASHION MAGAZINES, ADVERTISEMENTS – EVERYWHERE THEY LOOK, GIRLS ARE BOMBARDED WITH AN OVER-EMPHASIS ON PHYSICAL BEAUTY... EVEN THE LATE PRINCESS DIANA SUFFERED FROM AN EATING DISORDER AND NEGATIVE BODY IMAGE. IF ONE OF THE MOST BEAUTIFUL, GLAMOROUS WOMEN IN THE WORLD STRUGGLED – IMAGINE HOW TOUGH IT IS FOR YOUR TEENAGE DAUGHTER...

:41 Sue Stein – Counselor, Focus on the Family

SOT: If we base everything on our figures, our face, our clothes... it's not going to last, and it will never be good enough.

:54 Dean Ridings – Father of 3 daughters

SOT: So we teach our kids that the purpose of a commercial is to make you feel yucky, so that you need their product, and then you'll feel better, everything will be great, and so we try to give them a healthy perspective along the way.

Dr. Maier VO: THAT HEALTHY PERSPECTIVE MEANS KEEPING A CLOSE EYE ON WHAT COMES INTO YOUR HOME...

1:13 Kim Ridings – Mother of 3 daughters

SOT: I think it's being a gatekeeper because there are shows that I don't let them watch, and there have been magazines that are not allowed in the house... let's not add to it, let's not feed it.

Dr. Maier SU: THE NEXT STEP IS REASSURING THEM, EVERY DAY, OF THEIR OWN INNER BEAUTY AND SELF-WORTH. KIM AND DEAN HAVE TRIED TO BUILD THEIR DAUGHTERS' SELF CONFIDENCE... AND IT SHOWS...

1:33 Becca Ridings – Age 16

Becca SOT: If you have confidence in yourself and present it that way, then I think other people will think you're beautiful.

Dr. Maier VO: I'M DR. BILL MAIER FOR FOCUS ON THE FAMILY.

ANCHOR OUTRO: Dr. Maier says it's normal for teen girls to be preoccupied with looking good, but encourage them to work on inner beauty by praising their positive character traits, as well. For more valuable information on teens, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: March 5, 2010

Reference: NG-083

“At Home Fitness”

ANCHOR LEAD IN: As we grow older and our lives grow increasingly busy, many of us find it more and more difficult to begin any type of fitness program. In today's Focus on the Family, Dr. Bill Maier has some solutions...

SCRIPT:

:00 Laura Bausch – Mother

SOT: I look at 20 year olds and I think, I'm supposed to be 20, and I'm not.

:07 Dr. Bill Maier – Psychologist, Focus on the Family

SU/VO: A LOT OF US, LIKE LAURA, ARE ON THE OTHER SIDE OF 20... AND IF WE'RE NOT TAKING STEPS TO STAY ACTIVE AND FIT, OUR HEALTH WILL SUFFER. BUT IF THE THOUGHT OF SWEATING AT THE GYM HAVE YOU AVOIDING EXERCISE—TAKE HEART. THERE ARE SOME RELATIVELY PAINLESS WAYS TO GET YOUR BODY MOVING...

Laura SOT: I try to park further away and walk in, I always take the stairs, I do a lot of business travel so when I'm in the hotels, rarely take the elevator except for recently I was on the 12th floor and I decided I didn't want to do 12 floors in heels!

Dr. Maier VO: LAURA'S GOT THE RIGHT IDEA. IF FINANCIAL OR TIME CONSTRAINTS ARE KEEPING YOU FROM A FORMAL GYM WORKOUT, YOU CAN GET YOUR BODY MOVING MORE DURING EVERYDAY ACTIVITIES...

Laura SOT: This is something I can do everyday and I don't have to actually put on gym clothes, I can do it whether I'm working or playing, shopping, running errands.

:52 Tim Sanford – Counselor, Focus on the Family

SOT: When your body is lethargic, and you're a couch potato and just sitting around - you're not as sharp, you're not as crisp, you're not as creative, but if you get up and get moving that gets your brain going, it gets you stimulated.

Dr. Maier VO: A GREAT WAY TO MEASURE YOUR ACTIVITY LEVEL IS TO WEAR A Pedometer—A LITTLE DEVICE THAT TELLS YOU HOW MANY STEPS YOU TAKE DURING THE DAY.

Laura SOT: When I started wearing it I was shocked at how little I actually moved around during the day... and when you're only at two thousand steps a day and ten thousand is supposed to be for maintaining your health, you're like oh okay, I think I need to move around some more!

Dr. Maier VO: IF MORE TRADITIONAL GYM WORKOUTS ARE WORKING FOR YOU, GREAT. BUT IF YOU'RE NOT GETTING ENOUGH EXERCISE, TAKE A TIP FROM LAURA...

Laura SOT: Get out and get in the fresh air.

Dr. Maier VO: FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: Dr. Maier says another tip for increasing our activity is advice often given for kids... but it applies to all of us... spend a little less time in front of your computer screen. For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: February 17, 2010

Reference: NG-131

"Love & Respect"

ANCHOR LEAD IN: Most parents love their kids – but when you start talking about respect, that's something parents expect to get, not give. Dr. Bill Maier challenges us to re-think that, in today's Focus on the Family....

SCRIPT:

:00 Randy Wilson – father of 7

SOT: To own your responsibilities, to own your mistakes, and to come to them and say I really blew it...

:09 Lisa Wilson – mother of 7

SOT: It also has to do with the way we handle conflict, and asking forgiveness of our children when we've blown it...

Dr. Maier VO: RANDY AND LISA ARE TALKING ABOUT HOW PARENTS FAIL TO SHOW RESPECT TO THEIR KIDS. WHEN WE WON'T ADMIT A MISTAKE, IT SETS A LOUSY EXAMPLE. PARENTS WANT THEIR KIDS TO RESPECT THEM – BUT RESPECT GOES BOTH WAYS...

:29 Glenn Lutjens – Counselor, Focus on the Family

SOT: When parents show children respect and communicate that, I think it tends to increase the child's respect of the parent, because the child is not feeling mistreated, they're not feeling discounted, they're feeling valued, they're feeling affirmed...

:40 Dr. Bill Maier – Psychologist, Focus on the Family

SU: SO HOW DO YOU LET YOUR CHILDREN KNOW THEY'RE VALUED? WELL GUARD AGAINST THE NATURAL TENDENCY WE ALL HAVE TO TUNE OUR KIDS OUT...

Randy SOT: Not being there, not listening to them when they ask the questions, when they need my attention, if I'm too focused on my own self that shows disrespect. The greatest gift we can give our children is to process life with them, that's being fully present with them...

Lisa SOT: And as you sit and listen you really get the temperature of your children's hearts, by understanding that words are very, very significant.

Dr. Maier VO: AND THAT'S ANOTHER WAY THE WILSONS HAVE FOUND TO INCREASE THE OVERALL LEVEL OF RESPECT AT HOME – TEACHING KIDS THAT THE WORDS WE CHOOSE ARE VITALLY IMPORTANT...

Randy SOT: As we listen to conversation, we engage them and say that wasn't very honoring or very respectful, and here's words that we can choose that will communicate the same way but it will be in more of a respectful tone.

1:35 Khrystian Wilson – age 19

SOT: I love you, I'm proud of you, you're a treasure, you're brilliant, you're beautiful, those kinds of words are so important for us...

Dr. Maier VO: WORDS OF LIFE THAT MAKE FOR A MUCH HEALTHIER HOME... FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: Dr. Maier says another way to show respect to your kids is to avoid labeling them. If they're misbehaving, point out what they're doing wrong, but don't label them "bad" for doing it. For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: February 15, 2010

Reference: NG-187

“Long Engagement”

ANCHOR LEAD IN: Being engaged is an exciting time of life – but how long should that time go on? Is there such a thing as too long an engagement? Too short? Dr. Bill Maier brings us some answers in today's Focus on the Family...

SCRIPT:

Nats Full: classic **Gone with the Wind** proposal

Dr. Maier VO: AFTER YOU'VE POPPED THE QUESTION ... THE ENGAGEMENT COMES NEXT ... SO HOW LONG SHOULD THAT BE? WELL THE ANSWER IS.... IT DEPENDS.

:18 Brenna Emerson – engaged

SOT: We're both a little bit older, we've both done life separate from our parents for several years... other couples have more issues to deal with, more life to experience...this worked for us.

Dr. Maier VO: BRENNA AND DARIN WILL HAVE BEEN ENGAGED ABOUT SEVEN MONTHS WHEN THEY WALK DOWN THE AISLE. THEY'VE MADE IT A POINT TO GET TO KNOW EACH OTHER IN A VARIETY OF DIFFERENT SETTINGS.

Brenna SOT: Part of it's just doing life together, making dinner together, reading together, and shopping together... just learning what makes the other person tick.

:45 Darin Gregg – engaged

SOT: We just want to continually work on that, and try to communicate effectively with each other.

:53 Dr. Bill Maier – psychologist, Focus on the Family

SU: MANY MARRIAGE EXPERTS RECOMMEND ONE FULL YEAR FOR THE ENGAGEMENT – IN ORDER TO OBSERVE YOUR FIANCE/E IN A VARIETY OF SITUATIONS. COUPLES WHO DATE OR ARE ENGAGED FOR A MUCH SHORTER PERIOD OF TIME RUN THE RISK OF NOT REALLY KNOWING THE PERSON THEY'RE MARRYING... WHILE OVERLY LONG ENGAGEMENTS CAN BRING UP OTHER ISSUES...

1:14 Mitch Temple – counselor, Focus on the Family

SOT: Many people use the engagement as a prolonging, in other words they're dreading making that commitment... often that can be a red flag to the other

partner, that it's not just I want to get to know you better, but I really don't want to make the commitment.

Dr. Maier VO: WHAT'S MOST IMPORTANT IS TO USE THE TIME WISELY. GET TO KNOW EACH OTHER'S FRIENDS AND FAMILY MEMBERS, FOCUS ON COMMUNICATION, AND MOST IMPORTANTLY – SIGN UP FOR A PRE-MARITAL COUNSELING PROGRAM THAT INCLUDES PERSONALITY TESTING. A PROFESSIONAL CAN HELP YOU IDENTIFY POTENTIAL AREAS OF CONFLICT BEFORE YOU SAY "I DO."

Brenna SOT: Premarital counseling was very essential, we discussed so much stuff that I was amazed, just how comfortable it was.

Dr. Maier VO: FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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Air Date: March 1, 2010
Reference: NG-344
“Extinguishing Bad Behavior”

ANCHOR LEAD IN: Every child does it, and it drives parents crazy. Dr. Bill Maier here now with some tips on extinguishing bad behavior...

SCRIPT:

:00 Heather LaCroix

SOT: Mommy mommy mommy mommy mommy mommy

Dr. Maier VO: AH YES. EVERY PARENT, JUST LIKE HEATHER, HAS DEALT WITH THEIR SHARE OF THE DREADED WHINIES.

Heather SOT: It’s very frustrating when your child is not behaving the way you want them to.

:13 Dr. Bill Maier – psychologist, Focus on the Family

SU: WHINING, ASKING OVER AND OVER FOR THE SAME THING—THESE ARE SOME OF THE MOST ANNOYING THINGS YOUNG CHILDREN DO. IT’S FAR TOO EASY FOR PARENTS TO LOSE IT AND JUST SNAP AT THEM, BUT THAT KIND OF ATTENTION CAN ACTUALLY BACKFIRE AND ENCOURAGE THE BAD BEHAVIOR!

Heather SOT: I may have reacted to it once that he found he liked, or he thought maybe he could continue to get a response from me by behaving that way.

Dr. Maier VO: THAT’S THE KEY—YOUR RESPONSE.

Nats Full

Dr. Maier VO: IF YOU DON’T OFFER ONE, YOU’RE TEACHING HIM THAT WHINING ISN’T GOING TO WORK! HERE’S WHAT HEATHER TELLS 5-YEAR-OLD LOGAN...

Heather SOT: I can’t listen to you when you talk to me like this (whiny), or I don’t understand you when you talk to me like this (whiny)... and then when he wants to speak to me in an appropriate manner, then I can respond to what he’s saying.

1:01 Danny Huerta – counselor, Focus on the Family

SOT: It’s really not that long and they see you’re consistent with it, they’ll be consistent as well...

Dr. Maier SU: OF COURSE THEY MAY NOT GIVE UP THE BAD BEHAVIOR WITHOUT A FIGHT, BUT STICK TO YOUR GUNS—IGNORE ANYTHING SAID IN AN UNPLEASANT TONE, BUT IMMEDIATELY RESPOND WHEN THE NORMAL VOICE IS USED. AND REMEMBER TO WATCH *YOUR* TONE, TOO!

Heather SOT: If I want to be talked to nicely, then I need to talk to him nicely...

Nats Full: Can you get it and clean up please?

Dr. Maier VO: ANOTHER THING TO REMEMBER--THE WORDS *YOU* USE WILL PROBABLY BE USED AGAINST YOU, AS LOGAN RECENTLY REMINDED HIS MOM...

Heather SOT: He'll say frustrating to me! Mommy, you're making me frustrating!

Dr. Maier VO: IF YOU'VE BEEN REINFORCING BAD BEHAVIOR BY RESPONDING TO IT, IT'S NOT TOO LATE TO SWITCH GEARS. FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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Air Date: March 12, 2010

Reference: NG-402

"Stroller Strides"

ANCHOR LEAD IN: We always hear about the importance of exercise, but there are just some times when life gets too busy. For women, that's after they've had a baby—or is it? We'll let Dr. Bill Maier explain.

SCRIPT:

Nats Full: Exercise—Ring around the Rosie, a pocket full of posies...

Dr. Maier VO: IF HAVING A BABY SLOWS YOU DOWN, THESE WOMEN DIDN'T GET THE MESSAGE.

Nats Full: Hello Ella, Hello Ella, Hello Ella, we're glad you came today...

Dr. Maier VO: THEY FOUND A PROGRAM THEY CAN PARTICIPATE IN *WITH* THEIR BABY. THEY'RE OVERCOMING FATIGUE, CHANGES IN THEIR SCHEDULE, AND THE PHYSICAL DEMANDS OF MOTHERHOOD—TO MAKE ROOM FOR EXERCISE...EVEN IF THAT MEANS TAKING A STROLLER ALONG.

:29 Sarah Goolsby—Instructor/Mom of 1

SOT: It's so important because there's so many tolls that childbirth and being a new parent takes on a mom and so if you can be in shape then that's what's going to make you more prepared for parenthood.

:46 Sandra Lundberg—Family Counselor

SOT: Working out when the baby is little is so, so very important for new moms. It helps them just get back in the groove physically which is a great thing to help not become depressed.

Dr. Maier VO: NEW MOMS HAVE TO BE ESPECIALLY CREATIVE TO FIND TIME FOR EXERCISE. CLASSES LIKE THIS MAY OFFER A SOLUTION, BUT THEY ALSO DO A LOT MORE THAN BURN CALORIES...THEY PROVIDE A SENSE OF NORMALCY.

1:07 Meredith Devine—Mom of 1

SOT: It's some time for you to have something for yourself, too, 'cause you're so consumed with your child, especially right after they're born, you start to kind of lose like, who you are I think, a little bit.

Dr. Maier VO: SARAH TEACHES THIS STROLLER STRIDES CLASS, BUT SHE'S ALSO A MOM HERSELF—AND SHE HOPES THE BENEFITS OF EXERCISE WILL BE PASSED ALONG.

Sarah SOT: We're hoping that we become role models for our children at a very young age so they can see, wow mom makes exercise a priority and mom is happy because of it.

Dr. Maier SU: TALK TO ANY NEW MOM AND YOU'RE BOUND TO HEAR, "I'M TIRED." LIFE CAN FEEL HECTIC, OUT OF CONTROL AND EXHAUSTING. WORKING UP A SWEAT MAY BE THE LAST THING ON HER MIND. BUT THE BENEFITS REACH FAR BEYOND A TRIMMER WAIST.

Meredith SOT: I tend to wake up most mornings with a little soreness but hey, that means I'm working toward something, right?

Dr. Maier VO: FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

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Air Date: March 3, 2010

Reference: NG-431

“Choosing a Sport”

ANCHOR LEAD IN: Many children get involved in youth sports, but choosing one that’s best for them and works for mom and dad, can be a challenge. Everyone wins when both parties are good sports, as Dr. Bill Maier explains.

SCRIPT:

Nats Full: Alright Guys, Come on!

Dr. Maier VO: THE GOAD FAMILY LOVES SPORTS—MAYBE ALL OF THEM.

:06 Stephen Goad —Sports Father

SOT: We’ve tried different things, we’ve tried karate, we’ve tried soccer, we also do wrestling, football.

Dr. Maier VO: HELPING THEIR KIDS FIND A FAVORITE SPORT TOOK SOME TIME—AND A LITTLE LETTING GO.

Ellen SOT: I guess for me my biggest fear is that they’ll be hurt, and so I have mixed feelings about football.

Dr. Maier VO: INVOLVING CHILDREN IN SPORTS HAS NUMEROUS BENEFITS—AS LONG AS PARENT’S DON’T GO OUT OF BOUNDS WITH THEIR OWN EXPECTATIONS...PATIENCE AND GUIDANCE WERE KEYS TO THE GOAD’S GAME PLAN.

:34 Sam Kennedy—Family Counselor

SOT: The parents many many times are inclined to invest more in it than the children do, and there comes a time when the excitement is overcome by anxiety to perform.

Dr. Maier VO: ANOTHER REMINDER FOR KIDS AND PARENTS IS THAT COMPETITION HAS TWO SIDES—UNFORTUNATELY SOMEONE IS ALWAYS ON THE LOSING TEAM. STEPHEN AND ELLEN HAVE FOUND THE GOOD IN THE BAD TIMES.

1:02 Ellen Goad – Sports Mother

SOT: It’s very important to me that they learn how to lose, and that they experience losses and recover from them, where I can lead them and parent them through that...

Stephen SOT: We've been through times where teams didn't win a game in a season, that is tough because it's hard to keep kids interested in it.

1:26 Dr. Bill Maier – psychologist, Focus on the Family

SU: THEIR TEMPERED APPROACH IS A HEALTHY ALTERNATIVE TO PARENTS WHO EMPHASIZE WINNING AT ALL COSTS, AND MAY EVEN WITHHOLD THEIR LOVE IF THEIR CHILD DROPS THE BALL. WHEN THAT HAPPENS, IT'S TIME TO CALL A TIME OUT.

Sam SOT: We want our kids to look good, we don't realize sometimes that one of the main reasons we do it is because we want people to think that we produced great kids.

Dr. Maier VO: THE GOADS HAVE LED THEIR CHILDREN INTO SPORTS THEY ENJOY. NOW THEY CAN BE COACHES AND CHEERLEADERS TO THEIR KIDS, WHILE EMBRACING THEIR TIME ON THE SIDELINE...AS PARENTS.

NATS FULL

Dr. Maier VO: FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

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Air Date: March 8, 2010

Reference: NG-432

“Avoiding Parental Burnout Pt2”

ANCHOR LEAD IN: We want our children to build friendships and get involved in extracurricular activities. But as Dr. Bill Maier explains, many parents forget to take their own advice.

SCRIPT:

Dr. Maier VO: WANT TO HAVE A HAPPIER HOME? THEN GET OUT OF IT ONCE IN A WHILE.

:05 Kelly Morgan

SOT: Perhaps go out to dinner with a few of my friends, if we can't do dinner we'll try to grab a dessert, which is always fun!

Dr. Maier VO: THAT'S WHAT THE MORGAN'S DO. AS PARENTS, THEY'VE FOUND THAT EVEN LITTLE MOMENTS AWAY FROM THE KIDS GO A LONG WAY—AND PROVIDE A LOT MORE THAN ESCAPE.

Kelly SOT: If we can continue to stay connected with others, it will just help us do a much better job at everything we do.

Tim SOT: You're gonna get burned out, if they're a young parent and they don't have help... so here it's important as much as it seems like I don't' have time to make friendship, you need to find the time.

Dr. Maier VO: WHILE THEY'VE BUILT FRIENDSHIPS OUTSIDE OF THE HOME, LAWRENCE AND KELLY ARE CAREFUL TO KEEP THE MOST IMPORTANT RELATIONSHIPS FIRST.

:43 Lawrence Morgan

SOT: I know a lot of parents and families, they have a lot of places to go and things to do, I've gotta get my child here, my child there, and before they know it their family's strung out all over the city, and they have no time for themselves, and they have no time for their own family unit.

:57 Dr. Bill Maier – psychologist, Focus on the Family

SU: A HAPPY HOME TAKES INTENTIONAL EFFORT AND PLANNING, BUT EVEN THE MOST DILIGENT PARENTS LEARN THERE ARE LOTS OF THINGS YOU JUST CAN'T PLAN FOR.

1:07 Tim Sanford—Family Counselor

SOT: parenting you learn by doing, yes the books, the material, the videotapes are all helpful--but the way you learn it is like learning to ride a bicycle, learning to playing piano, you learn by doing it.

Dr. Maier VO/SU: THE MORGAN'S EFFORTS TO BUILD FRIENDSHIPS AND ENJOY PLENTY OF TIME TOGETHER ARE KEYS TO AVOIDING BURNOUT, AND BEING THEIR BEST AS PARENTS...AND THEY'RE DOING SOMETHING ELSE IMPORTANT--INVESTING IN EACH OTHER. A HAPPY MARRIAGE MAKES A HAPPY HOME.

Kelly SOT: Taking the kids to a friends house and letting them have a play date while perhaps you and your husband or you and your wife have time at home for dinner, or just to actually sit across the table from one another and say oh I remember you, and just get reconnected, I think that's really important.

Dr. Maier VO: FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

(alternative—send viewers directly to our website at www.focusonthefamilytv.com).

STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: February 22, 2010

Reference: NG-435

“Having a Baby part 3”

ANCHOR LEAD IN: A few months back, Dr. Bill Maier introduced us to a young couple expecting their first child. Today, we check in with them again as they hit the middle of the pregnancy...

SCRIPT:

:00 Kelly Vonk

SOT: The couple cravings that I've had are burgers, hamburgers. And lasagna with red meat sauce!

Dr. Maier VO: WE'VE BEEN FOLLOWING KELLY AND JASON THROUGHOUT THEIR PREGNANCY, AND THEY'RE JUST ENTERING THE THIRD TRIMESTER...

Jason SOT: The changes haven't been life altering to this point, you know, She's been able to do a lot of the things she normally does...

Kelly SOT: Obviously I'm getting bigger, and a little more tired I think. And I feel a little, probably a little more emotional!

Dr. Maier VO: ALONG WITH THE CHANGES TO MOM'S BODY, THIS STAGE OF PREGNANCY BRINGS RECOGNIZABLE CHANGES TO THE BABY, TOO!

:38 Jason Vonk

SOT: We went to the ultrasound, and it was just really neat to see the baby (*Kelly: It was sweet*) And the first shot we knew it was a boy, so I did one of these Yeah! (*Kelly: Yes you did!*)

Dr. Maier VO: KELLY AND JASON'S LITTLE GUY IS LOOKING GOOD...

Nats Full He's moving!

Jason SOT: He's moving around a lot, so I mean even times I might be laying next to her at night and I'll feel him kick...

:55 Dr. Bill Maier – psychologist, Focus on the Family

SU: MANY REALITIES ARE SETTING IN NOW THAT THE BIRTH IS DRAWING CLOSER, AND THAT HAS KELLY SOLICITING ADVICE FROM ANOTHER NEW MOM...

Kelly SOT: I like to go into things as prepared as possible, so she just told me everything that she could, about the birthing process and everything.

***Dr. Maier* SU:** THE IMPENDING BIRTH IS JUST ONE THING ON THEIR MINDS. HOW TO PAY FOR EVERYTHING IS ANOTHER. WE'LL TAKE A LOOK AT THAT IN OUR NEXT SEGMENT. FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: (tease next segment) For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

(alternative—send viewers directly to our website at www.focusonthefamilytv.com).

STATIONS PLEASE NOTE: Dr. Maier's name is pronounced MY-er (rhymes with FIRE).

Air Date: February 24, 2010

Reference: NG-440

“Having a Baby part 4”

ANCHOR LEAD IN: In our last segment we checked in with a young couple now in the third trimester of their first pregnancy... a time when all the financial implications really sink in, as Dr. Bill Maier explains...

SCRIPT:

:00 Kelly Vonk

SOT: It's becoming more normal and natural I think just as I'm growing and as I know that he's going to be here in less than, about 10 weeks...

Dr. Maier VO: KELLY AND JASON ARE BUSILY PREPARING FOR THE ARRIVAL OF BABY LINCOLN. HIS NURSERY IS A TOP PRIORITY.

Nats Full: And Lincoln's name is going to go right there.

Jason SOT: She has it in her head now (Kelly: I do, I know how the setup is gonna be) So she kinda knows for the most part how she wants it to look.

:22 Dr. Bill Maier - psychologist, Focus on the Family

SU: BUT THOSE KINDS OF THINGS COST A LOT OF MONEY! FINANCES PLAY A BIG ROLE IN THE FINAL TRIMESTER, AS PARENTS FIGURE OUT HOW TO PAY FOR EVERYTHING, ESPECIALLY IF MOM'S CUTTING BACK ON WORK.

:33 Jason Vonk

SOT: We don't know that for sure so we're trying to put some money aside now that we can use as if it were her income for those months (Kelly: It's called The Mom Fund).

Dr. Maier VO: PUTTING MONEY IN THE MOM FUND MEANS THERE'S LESS TO FOR ALL THOSE BABY THINGS, BUT KELLY'S REGISTERED AT A BABY STORE SO FRIENDS WILL KNOW WHAT THEY REALLY NEED.

Kelly SOT: How do you know what you need when you've never had a baby?

Dr. Maier SU: ALONG WITH LETTING EVERYONE KNOW EXACTLY WHAT YOU NEED, ANOTHER TIP IS LOOKING FOR GOOD SECONDHAND BABY STUFF...

Kelly SOT: I've been going to garage sales and actually finding things that I've registered for. Two dollars here for things that were 40...

Dr. Maier VO: THIS LAST TRIMESTER DOES INVOLVE A LOT OF PLANNING...

Kelly SOT: Like planning a wedding. Except a wedding... you know the exact day. And for pregnancy you don't... The baby's going to come when the baby wants to come.

Dr. Maier VO: WHICH HAS JASON LOOKING SERIOUSLY AT HIS NEW ROLE...

Jason SOT: I feel the weight of the responsibility, not necessarily in a negative way but taking it seriously.

Dr. Maier SU: WE'LL CHECK BACK WITH KELLY AND JASON AS LINCOLN'S ARRIVAL GETS CLOSER. FOR FOCUS ON THE FAMILY, I'M DR. BILL MAIER.

ANCHOR OUTRO: (tease next segment) For more valuable information on life issues, relationships and family, please visit our website at _____ and click on the Focus on the Family link.

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