



As of November, 2020. Celebrating 100 Episodes! Clickable PDF links below.

1

[Episode 001 | Building Strong Foundations | Jennifer Bryant](#)

Welcome to the Practical Family Podcast! Our first episode will introduce the original intent of Practical Family, and what it means to lay a strong foundation for your family.

2

[Episode 057 | Real Moms Get Honest About Anger - Pt 1 | Amber Lia & Wendy Speake](#)

Parenting has it's challenges! Join me and two other real moms getting honest about anger for a special two-part series on learning more gentle responses to foster a loving home environment.

3

[Episode 058 | Real Moms Get Honest About Anger - Pt 2 | Amber Lia & Wendy Speake](#)

Amber and Wendy are back for part 2 of this series on how real moms get honest about anger and what happens to our reactions when we feel out of control.

4

[Episode 060 | How to Prepare for the Sex Talk | Luke & Trisha Gilkerson](#)

Probably one of the most awkward conversations a parent can prepare for... but it doesn't have to be. Luke and Trisha answer necessary questions about development, puberty, pornography, & sex.

5

[Episode 040 | How to Accept and Enjoy Sabbath Rest | Sarah Koontz](#)

Family life can become so busy that we forget to stop and enjoy the blessings of God's provision. Listen in to discover the beauty of God's rhythm of rest as we learn what it means to take a sabbath.

6

[Episode 059 | How to Give Birth to Big Dreams | Tiffany Jo Baker](#)

This mama knows about birthing dreams. As a 3x surrogate, Tiffany Jo Baker is in the business of helping families to realize and birth dreams God has put on their heart.

7

[Episode 064 | Exhale to Find the Real You | Amy Carroll & Cheri Gregory](#)

Are you a recovering perfectionist? In this podcast, our guests today have just the encouragement you need to exhale and lose who you're not, love who you are, to live your one life well.

8

[Episode 070 | Hitting Hard Topics with Teens | Cheri Fletcher](#)

Cheri Fletcher helps parents to prepare parents for hard topics with teens. Here are the things your kids want to know, and how to address them.

9

[Episode 082 | Recognizing Triggers in Your Marriage | Amber & Guy Lia](#)

If your marriage has suffered from lack of communication, affection, or care, you may be dealing with deep triggers that cause you to respond to each other in unhealthy ways.

10

[Episode 067 | How Connected Wives Build Stronger Marriages | Amanda Davison](#)

Many wives feel a longing to be more connected with their husbands. Begin to build a stronger marriage and become a connected wife with author and speaker Amanda Davison.