



## Defining and Living Your Family Values

### 1

### Our Family Values

#### Spending Time Together

- Prioritizing family time
- Having fun together, playing, laughing
- Doing activities as a family. For example, movie nights and attending community events
- Making time to talk about and work through challenges
- Enjoying family meals as a time for connection, listening, and sharing

#### Communicating Positively

- Taking time to focus on each other by turning off distractions like electronic devices
- Feeling safe to share emotions and needs, respecting everyone's input, and being able to agree to disagree
- In times of disagreement, avoiding blame, not using violence or intimidation, and being able to apologize
- Sharing appreciation for each other
- Assuming the best -- believing that each family member is trying to do the best they can

#### Nurturing and Care

- Being supportive and dependable
- Liking each other and showing genuine interest in each other's lives
- Respecting and accepting individual differences
- Expressing affection for each other through words and touch, like saying "I love you" or sharing cuddles at bedtime
- Expressing appreciation and praise and celebrating each other's successes

#### Safety and Stability

- Having a safe place to live
- Having enough food
- Having enough clothing
- Having routines and consistent care
- Having a medical home or Primary Care Physician

#### Strength and Resiliency

- Being able to problem solve effectively together
- Learning to be proactive to manage or prevent challenging situations
- Understanding that both stress and joy are a part of family life
- Learning to see crises as opportunities for learning and growth
- Being able to seek support outside the family, as needed

Continued



# 1

## Our Family Values

### Spiritual Wellness

- Having shared moral values
- Having belief in a higher power or purpose
- Having a sense of oneness with humankind
- Spending time in nature
- Practicing prayer and/or meditation daily
- Spending time with a supportive spiritual community of your choice

### Health

- Being physically active as a couple and family
- Keeping well-visits and appointments with health professionals
- Eating healthy foods, staying hydrated, and ensuring water safety
- Getting plenty of rest
- Not texting while driving and practicing other safe driving habits

### Knowledge of Child Development

- Committed to learning about typical child development
- Prioritizing reading and talking with my child throughout daily interactions
- Understanding the importance of limiting screen time
- Learning about various activities that support all areas of my child's development
- Involving my child in community learning, like going to the library and museums

### Successful Stress Management

- Being able to adapt to change and cope with stress in positive ways
- Having knowledge of problem-solving strategies
- Practicing self-care each day
- Having a support network made up of family, friends, and community resources
- Recognizing how our strengths support us to bounce back after challenging situations

### Friendship, Family, & Community Supports

- Having at least one supportive relationship I can count on when I need help or advice
- Having an awareness of community programs and resources
- Having a spiritual/religious support network
- Having knowledge of health services and recovery support
- Having neighborhood support to help watch out for and protect my child and family

### Education and Career

- Completing educational goals
- Being regularly employed
- Being involved with my children's learning
- Seeking quality childcare
- Having advanced educational opportunities in order to expand job opportunities

Continued



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## Our Family Values

**Culture and Tradition**

- Passing along family traditions to my child
- Participating in community/cultural events
- Eating traditional foods and family dinners
- Teaching my child the language of my culture
- My partner and I learning about each other's culture/traditions

**Lifestyle**

- Living drug-free and seeking help when addiction is a concern
- Quitting smoking/not smoking around children
- Limiting or avoiding alcohol use
- Regularly practicing self-care
- Having a hobby, practicing a sport, or doing something else I enjoy

**Relationship With My Child**

- Being affectionate, warm, and responsive to my child
- Laughing with my child and sharing in their joy
- Being present with my child when they're struggling and acknowledging their experiences
- Recognizing how my own childhood and the way I was parented can impact my relationship with my child
- Learning about and using positive methods of discipline

**Relationship With My Partner**

- Enjoying each other's company and prioritizing time together
- Laughing and having fun together
- Seeing my partner's efforts and strengths and sharing what I appreciate about them
- Talking respectfully, compromising, and avoiding blame
- Facing challenges and growing through crises together

*Additional values important to our family:*





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Practicing Our Family Values

Values for \_\_\_\_\_ (write in the month)

1.

2.

Values for \_\_\_\_\_ (write in the month)

1.

2.

Values for \_\_\_\_\_ (write in the month)

1.

2.

Values for \_\_\_\_\_ (write in the month)

1.

2.

Values for \_\_\_\_\_ (write in the month)

1.

2.

Values for \_\_\_\_\_ (write in the month)

1.

2.



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## Our Family Values Focus Deck

*What my child/I liked best about this activity:*

*Someone else who might enjoy doing this activity with my child:*

*I used **The 4 Me's™** when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Encourage Me** by thinking about and saying positive things about your child and your relationship with them.
2. Invite your child to decorate the cards by scribbling, coloring, drawing, or cutting out and gluing pictures. Or, describe to them what you're doing while you complete this activity. You can then use markers to write the value and any notes you want to add about that value and why it's important to you on each of the 6-8 cards.

As you create the values deck, you **MIGHT**:

- » Select values to talk about with your growing baby. Share with them why the values are important and how they will benefit them when they're born,
- » Invite your infant to select a card. Enjoy how they engage with you as you share the highlighted bullet points on your **Our Family's Values** handout using different facial expressions and tones of voice,
- » Encourage your toddler as you count the cards together or talk about simple shapes and colors,
- » Using language suited to your child's level, talk about ways you can practice the value and how it will benefit them and your family, or
- » Consider creating a family ritual by finding a time to pull 1-2 cards to focus on and practice daily, weekly, or monthly.

