

Discovering Your Family Values



How to create your family vision statement.

1. Get a posterboard or tape several pieces of paper together.
2. Brainstorm ideas, letting everyone share their thoughts.
3. Answer the following questions:
 - What are things you think are important for us to do as a family?
 - What shouldn't we do as a family?
 - How do we like to spend time together as a family?
 - What do we really care about as a family?
 - What is our family "about"?
 - What are we good at?
 - What are some things we're working to improve on?
4. When you have the answers, challenge one another to come up with sentences or phrases that really express your family values.
5. See if you can all agree on one statement.
6. Write that statement on your poster/paper.
7. Decorate however you want to.
8. Hang it somewhere that the family can see it.

Example Poster



Less Stress Is Best!

We know life is stressful and sometimes you need resources to help. Resources can be all kinds of different things – like types of support (people, organizations, materials to do a project) but also the amount of time or energy you have.

Step 1: What resources do you have? Are there resources you need or need more of? Identify one resource you could try to get more of and a step you will take to get that.

Step 2: Self-care is also an important part of managing stress. How well are you taking care of yourself? If you need help increasing self-care – try making a plan!

What do I want to get from self care? How will it help me?

Step 3: Come up with ideas of ways to start and then try one.

Set a goal. Find areas that you could make a change and come up with 3 ideas you could try. Then set a plan for yourself.

Example:

Goals: Having more energy or being in a better mood.

Areas I could change: Get enough sleep or move my body more.

Ideas:

- Put down my phone 15 minutes earlier.
- Try deep breathing at night to help fall asleep.
- Ask my family member to watch my kids for a few hours on the weekend, so I can take a nap or go for a walk.

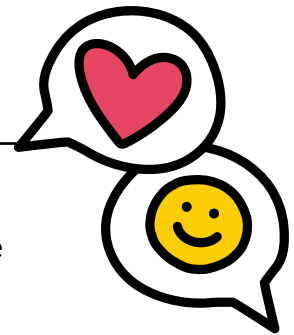
Plan: Put down my phone 15 minutes before bed this week.

Goal:

Ideas:

Plan:

Quality Time Builders



Need some inspiration for what to do during intentional child time? When possible, let your child pick what they'd like to do. Pick things that won't cause conflict or stress.

Younger Children

1. Go to a playground.
2. Try pretend play, such as playing house or super heroes.
3. Have a dance party.
4. Play with blocks or building materials.
5. Make a sensory bin.
6. Play in the sink or let them help with small chores.
7. Give your kid a bath (bubbles or toys welcome).
8. Play I-Spy while you're driving.
9. Color together or do a craft.
10. Read a book.
11. Kick or throw a ball back and forth.
12. Play with a toy you haven't used in a while.
13. (Fill in) _____

14. (Fill in) _____

Older Children

1. Play a board game.
2. Cook or bake something fun.
3. Build models or design your own city.
4. Solve a puzzle.
5. Go on a walk or hike.
6. Play catch or soccer at a park.
7. Watch or make a video together.
8. Let your child teach you a dance move.
9. Listen to a song your child likes in the car.
10. Make a craft together.
11. Try an activity they liked when they were younger.
12. (Fill in) _____

13. (Fill in) _____

Daily Schedule for Younger Kids

Tips:

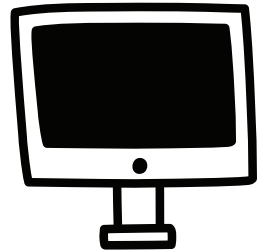
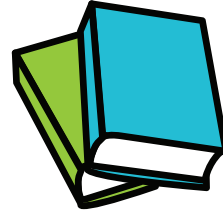
- Routines help children know what to expect.
- Use the routine graphics at the bottom or create your own. You can even take a photo of your child doing the activity and use that to create a schedule.
- Post it somewhere in the home where your child can see it.
- Review expectations every morning.
- Be flexible! Things will change and that's okay!

Weekday Routines

Morning



Afternoon



Evening

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Daily Schedule for Older Kids

Weekday Routines

Time	Task
Morning Routine	
After School Routine	
Evening Routine	

Tips:

- Print out your schedule and post it somewhere where you can see it.
- Be flexible. Sometimes you will need to adjust timing/tasks and that's okay!

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