

## TEACHING VALUES IN YOUR FAMILY

Values can guide a child's decisions throughout life.

### Tell Stories and Teach through Simple Conversation



- Tell your children when you appreciate someone's helpfulness, support, integrity, etc.
- Read books, sing songs, recite rhymes to children that portray values.
- Discuss character qualities of their heroes (great citizens of the world, literary characters, or cultural icons) and their good deeds.
- Make it a tradition to discuss great experiences of the past week at dinner once a week. Learn about each other's values within the family.

### Institute Family Traditions

- Traditions teach values. Helping neighbors teaches caring, helping each other in times of need teaches cooperation, going to the library teaches the importance of learning.
- Make having fun a regular routine. Set aside time for reading and sharing together.
- Choose media carefully to fit with your values, and offer age appropriate explanations of choices.

### Make an Example in the Way You Deal with Family Problems

- When a family member is having trouble, do we unite to support or invite that person? When a person breaks important family rules, do we try to help that person find better ways?

## FAMILY TIME ACTIVITY: HUMPTY DUMPTY

Humpty Dumpty sat on the wall.  
Humpty Dumpty had a great fall.  
All the Queen's horses and all the King's men,  
Could put Humpty together again.

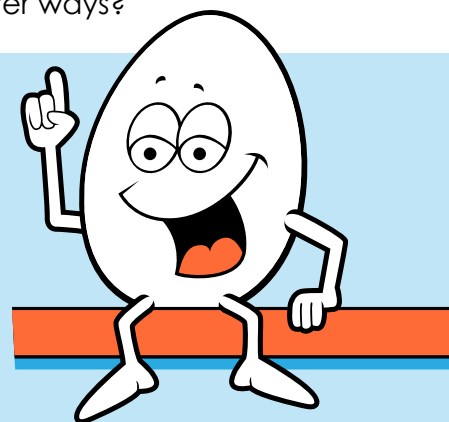
### Actions:

Line 1: Create a wall by holding your hands up, palms facing you, thumbs pointing up. Finger tips on each hand should be touching. The child places his fists (Humpty Dumpties) on top of each wall.

Line 2: On the words "Great Fall", the wall falls but you still hold onto the wrists.

Line 3: Massage up the child's arms to the elbow.

Line 4: Bring child's hand together in fists and wrap your hands around child's hands.  
Make eye contact.



Activity slightly modified from "I Love You Rituals" by Dr. Becky Bailey, Conscious Discipline.