



Your Turn

1. **Time to get clear about your values.** Below is a list of values from which you could choose or you may choose others. Jot down the values that matter to you here. Some families have chosen: honest, hard-working, respectful, creative, determined, considerate, responsible, solution-oriented etc

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Accommodating	Easygoing	Integrity	Responsible
Accountable	Empathetic	Kind	Self-reliant
Adaptable	Energetic	Loving	Self-disciplined
Adventurous	Fair	Moral	Sharing
Affectionate	Family minded	Natural	Solution oriented
Caring	Forgiving	Non-violent	Spiritual
Communicative	Fun	Obliging	Strong
Compassionate	Generous	Open	Successful
Considerate	Gentle	Patient	Supportive
Confident	Gracious	Playful	Thrifty
Controlled	Healthy	Polite	Tolerant
Cooperative	Helpful	Productive	Trustworthy
Courageous	Honest	Prosperous	Uncomplaining
Creative	Humorous	Reasonable	Warm
Decent	Independent	Religious	Well-behaved
Disciplined	Inquisitive	Resilient	Well-mannered

2. How do you currently live out these values in your family life?

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3. Pick an area of family life that isn't going super smoothly at the moment.

What do you want to happen? Discuss this with your partner.

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Check your expectations –is it reasonable for your child at his stage of development, given his temperament? If it is what will your rule be?

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Is it framed positively and is it specific enough? Practice making the following rules positive.

“Don't leave your room in a mess”

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“Don't forget your PE kit”

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“Don't snatch!”

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What will you do when your child follows the rule?

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