
Values-Based Parenting: Tips, Tricks, and Treats!



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What are values?



- 🍁 Values are a person's principles or standards of behavior; one's judgment of what is important in life.
 - 🍁 Values are learned by internalizing our parents' or caregivers' rules and values
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What are family values?






Values inform family life and how you deal with challenges as a unit. They also establish the system under which each family member matures and develops as individuals.



Family values can guide your entire family to become the kind of people you want to be. And ultimately, if your family includes children, family values can have a huge influence on child-rearing.

Values and decision-making



-  Using your values as a lens through which you make decisions and solve problems makes it easier!
 -  Before your children are even born, discussing and defining your values as parents will provide a framework for how you choose to raise your children. (Spiritual, disciplinary, parenting style, nutritional etc)
 -  When situations arise, you will already have a solid framework from which to problem-solve.
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What are *your* family's values?

Examples:

- Self-compassion
- Responsibility
- Honesty
- Family time
- Perseverance
- Accountability
- Kindness
- Generosity
- Humor
- Playfulness
- Humility
- Communication
- Patience
- Faith
- Teamwork
- Participation
- Commitment
- Conflict Resolution



But they're all important; how do we decide?



 Go here and print out the sheets with values. Add in any values that are missing.

<https://inthreegerations.files.wordpress.com/2015/11/family-values-card-sort2.pdf>

 Cut out each value and sort them into three categories:

Very Important to Me

Important to Me

Not Important to Me

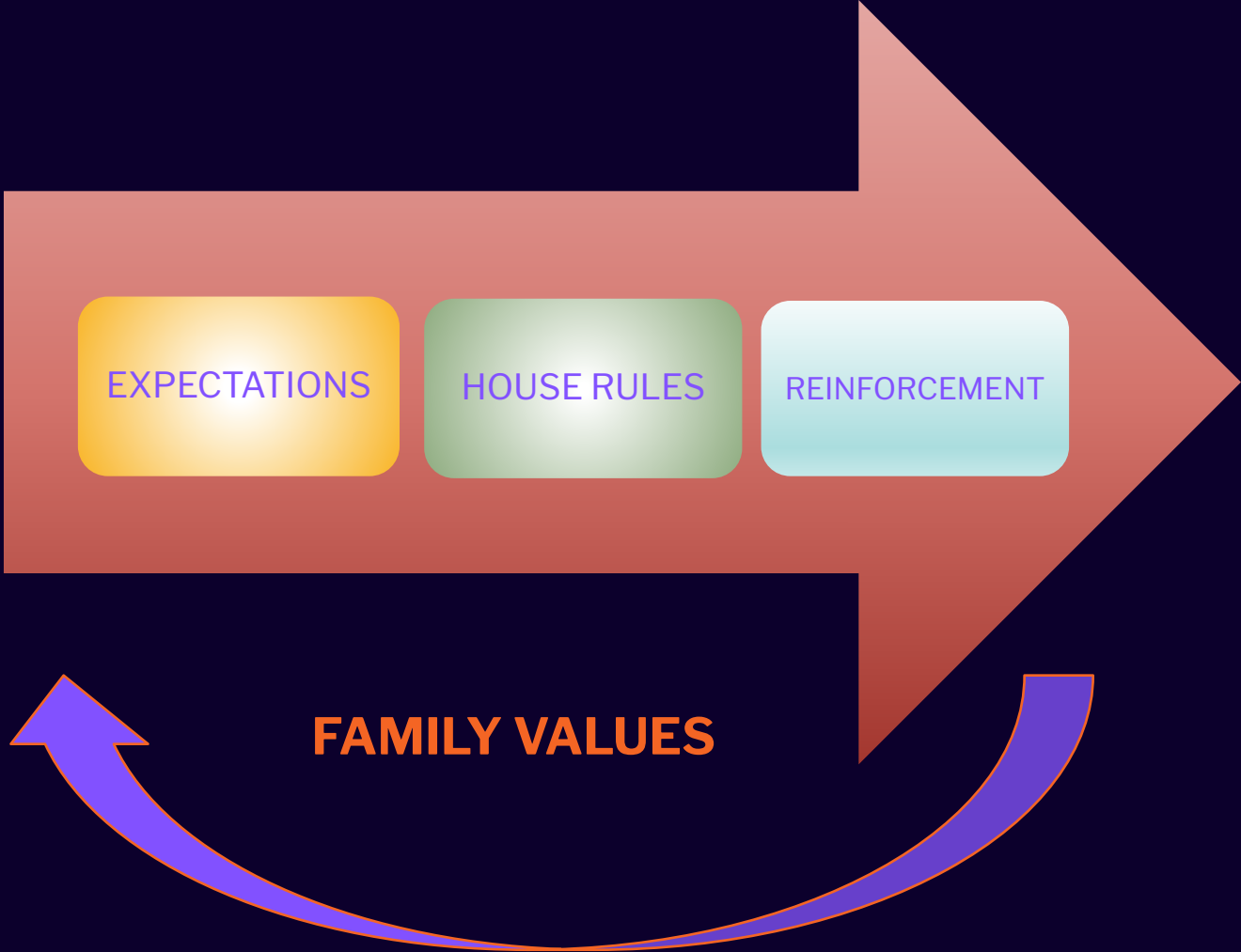
 Set aside **Important** and **Not Important** and focus on the **Very Important Values**

Arrange your top 10 values in order of importance

 These are your family's values! 

 Reflection:

Do you and your partner agree on values? Did you work on this exercise together? Are your parenting decisions aligned with your values?



EXPECTATIONS

HOUSE RULES

REINFORCEMENT

FAMILY VALUES

REINFORCEMENT

HOUSE RULES

EXPECTATIONS

FAMILY VALUES

What is values-based parenting?



A style of parenting that focuses on instilling the values that are most important to you, into your children. This is done by looking for opportunities to teach and reinforce values.



So not only are we approaching problem solving through a values lens; but also the day-to-day basics:



What do we expect from each family member?



How will we reinforce them when they meet expectations or problem-solve when they don't?

Some values and where to find them



Look for opportunities to teach and reinforce values that are important to you and your family.

 Good Judgment

 Believe in Them

 Hard Work

 Forgiveness

 Love

 Helping Others

 Responsibility

 Integrity



Good judgment



Give your children reasonable choices, and let them experience the consequences, whether good or bad. For example, I may say, "I'd suggest that you complete your homework before you play on the Xbox." If they don't, they may earn a poor grade. If they do, they will feel success at school *and* have fun playing. As young children grow, help them take ownership by designing the choices and consequences you can all live with.




Believe they can do it



-  We all mess up; that does not mean that we are bad or do not have capability of being better. Assume that your child will succeed in your expectations, even if they haven't mastered it- YET!
 -  We should look for, believe in, and foster the best in each child and teach them to do the same.
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Hard work is important

-  Give your kids chores and responsibilities- it is good for them!
 -  They will learn to be productive, to be a part of a team, and how to approach activities they are interested in. Natural talent only gets you so far in sports, music, school etc. Practice and a good work ethic is what will help them excel.
 -  Hard work builds muscle and character.
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Forgiveness

- 🍷 We all mess up and that's okay.
- 🍷 Apologize; ask for forgiveness.
- 🍷 Admit to your imperfections, your strengths, *and* your weaknesses. Show them how you commit to doing better each day! This models for our family members honesty, trust, vulnerability, and forgiveness.



Integrity



The right thing is not always the easy thing.



Show them, that even when nobody is watching, you do the right thing. You return the grocery cart to the stall; you pick up a piece of garbage off the ground, you return a lost item to the rightful owner.



They will learn to do the same; despite extra effort, peer pressure, or consequences



Look for opportunities when your child is honest, trustworthy, and/ or shows high moral principles. Celebrate those moments!

Responsibility



Commitment and follow-through.



When you or your child sign up for something new; even if it isn't as cool as expected- stick with it. This teaches the sense of gratification that comes when a job or task is complete. And that reinforcements are often secondary (yet still reinforcing!)



Everyone should have a set of responsibilities. Beyond "chores" responsibilities can include self-care, communication with loved ones, kindness, or respecting our stuff.

Help others



Do unto others... help your family learn to appreciate what they have and develop a charitable sense towards others.



Participate in community service events. Make donations of toys and clothes, take groceries to a food pantry, or collect coats or make blankets.



Take food to a sick neighbor, mow an elderly neighbor's lawn for free, or cook or babysit for a tired mom.



Ask your child, "How does this make you feel right now?"

Love



Sounds easy, right? *We always love our children-* but we may not always act as if we do in the same ways.



Teach your children that your love is unconditional. That even when they are misbehaving, you still love them. We may not love *what* they are doing, but we love *who* they are- always!



In her book *Positive Discipline*, Jane Nelson stated, "Misbehavior is based on a mistaken belief about how to achieve belonging and significance." Viewing misbehavior through the lens- that they are erroneously trying to achieve self-worth and lovability can help us develop the compassion we need during some really difficult parenting moments!

Parenting tricks (and treats)



The advantage of establishing family values – covering issues like family rules, discipline, education, and communication– is that they guide your decision making and problem-solving!



Remember, the more firmly established and articulated your values, the harder it is to veer from them – particularly when you have to make a decision that's liable to disappoint.

The long haul




The day-to-day minutia of parenting is easy to get swept up (and lost) in. Keep the big picture in the back of your mind. This helps increase your tolerance for the missteps and curveballs that define parenting today. Ask yourself, “What kind of adult do I want my child to become” versus “What grade do I want them to get on the upcoming test?”


Be like Elsa



 Want to reduce stress and aggravation?

 LET IT GO!

 We cannot do everything the way we initially expect- so the choice is go crazy and always feel inadequate... or adjust your expectations

 This is where values can really help... think about what is the most important and go from there. There will always be areas we can change, cut back on, or simply let go of!

Been there, done that



We have lived- and survived- the trials and tribulations of childhood and adolescence. Bad grade, first heartbreak, bullies. We know that these things happens and will be moved past. Our kids don't know that. Their feelings are HUGE, their lives are THE ENTIRE WORLD.



Model problem solving (through their values' lens) and resilience, show empathy, validate their feelings, AND maintain your perspective! Remind them of what you know; "this too shall pass", and plant the seed that they will survive!

When repetition isn't key

- 🍅 Kids have more energy than we do. They know that and they persevere. They will wear us down...if we let them.
 - 🍅 Ignore their repeated attempts to change your mind, wear you down, or give in! Providing that your decisions are anchored in your family values and they are aware of that- there is no need to continue the conversation!
 - 🍅 Repeat the expectation and move on.
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Self Care



Unless your child is in crisis- you must take care of your own needs. The result of excessively focusing on your child's needs and ignoring your own physical, emotional or spiritual needs yields miserable and resentful parents and narcissistic, self-centered offspring.



Make sure you carve out time and mental space for you and your partner to engage in self care.



Partnership



With limited resources (i.e. attention, sleep) it is very easy to slack on your partner. Especially when children are younger and have significant physical touch needs, we can easily feel “touched-out”. Remember that you chose to have a family with your partner! Make time for each other and protect your relationship. Your relationship with your partner is just as important and when you are done raising your kids, you will appreciate that you still have a full and thriving partnership.

It Takes a Village



Having a community of adults invested in the welfare of children is vital. You can join groups in which your kids are involved, advocate and get involved at their schools, be active in your religious and/or community organizations, and foster a sense of collaboration and teamwork with other parents.

Love them; in all the ways



Children need love and acceptance. That starts at home. There should be no doubt that, regardless of their physical appearance, emotional challenges, academic or athletic capacity, or behavior, that they are truly, unconditionally, and thoroughly loved. The outside world can be a critical, rejecting, and dismissive place. We must SHOW and TELL them just how much they are cherished, respected, and loved.



Find out what their Love Language is and make sure you are providing ample examples of love in their love language- as well as the others. The Love Languages are touch (“Cuddle Me, Chase Me!”), gifts (“Presents, Please!”), words of affirmation (“Talk to Me!”), acts of service (“You Do it For Me!”), and quality time (“Come Here! Look at This!”).

“The 5 Love Languages of Children” Gary Chapman, PhD - <https://5lovelanguages.com/>

Thank you for listening!
Any questions?



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