

# 5 Ways to Embrace Your Family's Values

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When a family embraces its values and sets clear expectations, children can be confident about what is important in their daily lives. Additionally, a family can use its values to determine how it will spend its time together and plan for its future. A family can identify its values through the following activity:

Convene a family meeting about members' expectations for your daily life with each other.

Have family members share what they think are important expectations or values for your family.

Make a list of all identified values, vote on four, and select those with the most votes.

Create a family shield, crest, or symbol to represent



your family's values.

List the four top values in an artistic representation and frame or post in a prominent location in your home.

For example, a family created a heart symbol to illustrate their following family values:

Family is important.

Each family member is caring and respectful of individual differences.

The family gives back to their community through service activities.

The family values education and learning.

Finally, the heart of the family's values was posted on the refrigerator. Family members reviewed it when they struggled with being able to set priorities in their daily lives.

Review your list of values with your family each week during meal time. Embrace your family's values in you actions and words. Consider adding or changing values over time as your family grows.

You can also review the blog on [how parents can work and play with their children](#). Use the worksheet below and share your family's values with us. Describe how you captured your identified values in an artistic creation. We will include various family values and themes in our future blogs.

[Embrace Your Family's Values Worksheet](#) (word doc)

Much love and care for your children!

Warm regards,

Mary Ann

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