

Restorative Parenting

How to develop family values



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EDUCATION

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In schools and society we are very used to seeing rules or expectations we are supposed to follow. In the home this would translate to our family values.

However, values are different than rules. Family values are developed by the whole family and everyone must agree and live by these values. This does not mean we are not accountable to one another or that there are not consequences (more on that in a future worksheet).

All family members are responsible for following the values that are developed. Just because there are adults in the household doesn't mean they don't need to follow them. In fact, one of the primary ways we learn is by emulating what we see. Therefore, modeling the behavior you want to see is the first step in teaching those values.

Values are one way of setting the foundation for how we interact as a family and what is expected of EVERYONE. They also help us to remain consistent with our expectations and make sure everyone knows what those expectations are. Imagine coming to work and being written up for "violating" a rule that was just created that day which you and others were not informed of.

“Values are one way of setting the foundation for how we interact as a family...”



Developing your own family values

First, begin by having everyone discuss things that are important to them. Questions to ask:

1. Share some ways you would like to be treated in this family?
2. What are some ways you would like us to operate as a family?
3. What are some values you have that would help us be stronger as a family?

Come up with about 3-5 values that you settle on as a family and remember to state the behavior that you all WANT to see (think about the difference between "no yelling" and "use a calm voice".)

Think about the different parts of your day / places and spaces in which you interact as a family and the different ways in which you impact each other. How would those values play out during those times?

Remember, this is a time for EVERYONE to chime in, not just the adults. Discuss what each of the values mean to everyone. For instance, does respect have a different meaning to some?

Another reminder is to revisit this list and this discussion periodically to make sure it is working for everyone and still fits with any family structures or developmental changes in the children that have changed over time.

Example of values

1. Speak kindly
2. Be honest
3. Respect each other's space

Values definitions:

1. Speak kindly = The words and tones we use should be used to lift one another up instead of bringing one another down.
2. Honesty = Telling the whole truth at all times.
3. Respecting space = Leaving other's possessions alone (unless specified by the owner), knocking before entering into private spaces such as bedrooms, respecting each person's bodily space (ie. physical touch should not hurt and should be ok with the person receiving it).

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For more information on restorative practices, visit:

<https://www.sdcoe.net/student-services/system-of-supports/Pages/Restorative-Practices.aspx>