

Family Values Worksheet

The following steps help you turn shared values into everyday actions. The optional Family Values Worksheet can hold your ideas, but you can have this conversation without the site.

What do we want our family to stand for?

Choose a calm moment. You can write, talk, draw, or ask someone to write for you. If you're preparing for a baby, start with the adults who will care for them. If your child can take part, invite their ideas in a way that works for them.

Think about what helped you as a child and what you would like to do differently. You can keep some ideas open. Choose up to four values together; one is enough to begin. Nobody has to defend their choice.

Connect each value with something you can do. Kindness might mean listening before answering. Ask when you may need help to keep that promise and what would make participation easier for each person.

Think about repair too. An adult might say, "I interrupted you. I'm sorry. I'll listen now." Choose your own words, one way to put things right, and a small step for this week. Agree when you will return to the conversation. The worksheet reached through the QR code can hold these choices if you want a written copy.

These values apply to adults too. Adapt how you practice them to each person's needs. This is a family conversation, not a test of obedience.

If a conversation between adults includes fear, surveillance, coercive control, threats, or violence, joint reflection is not the next step. Don't store notes where they could create danger. Seek confidential, local human support. Use emergency services if anyone is in immediate danger.

Worksheet address: parentingstagebystage.com/resources/family-values-worksheet/