



## Finding Your Family Fabric

Family Values	
1.	What does your family value?
2.	What are your cultural beliefs regarding raising children?
3.	What are your dreams and goals for your children?
4.	Have you asked your children what are their dreams and goals?
Family Rules	
1.	What are your family rules?
	a.
	b.
	c.
2.	Have you explained these rules to your children? If not, why not?
3.	What are the consequences if your children don't follow the rules?
4.	Have you explained these consequences to your children? If not, why not?
5.	Do you let your child know you care about them when setting rules and consequences?

### Family Plan

1. Have a family meeting and discuss above noted family values and proposed rules.
2. Re-establish your family rules once your family has reached consensus. .
  - a.
  - b.
  - c.
3. Determine consequences to breaking the family rules e.g. take away a freedom, give added responsibilities.
4. Determine rewards, praise, or privileges for following the family rules.

### Quick Ideas for Family Conflict

- Count to 8 before you react.
- Use "I" statements e.g. "I feel upset when you ..."
- Put down the tech, and pay attention to your children (1-2 minutes is often all they need).
- Describe what you want to see in your children e.g. "I love watching you...."

### Additional Resources

1. *Ten Steps Triple P - Positive Parenting Program*; 10 one minute video clips.  
<http://www.cbc.ca/doczone/features/ten-secrets-to-positive-parenting>
2. *Strongest Families* – Online family support for problematic child behavior (BC, Canada only).  
[http://www.cmha.bc.ca/files/SF\\_Brochure\\_Oct2013.pdf](http://www.cmha.bc.ca/files/SF_Brochure_Oct2013.pdf)

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