

Eight Ways to Teach Values

1. **Determine what values you want to live by.** Make a list of the top ten priorities for your family. This list will help you keep your attention on creating what you want your children to learn.
2. **Set rules around your values.** Let your values guide what rules your family will live by. For example, if family time is important to you at dinner, don't allow interruptions such as phone calls, or television.
3. **Be unrelenting about observing your values.** Sometimes in an attempt to make life easier for ourselves, we let things slide. This habit causes situations to become more frustrating, and time must be spent putting life in order again.
4. **Reinforce your actions with your words.** Talk to children about your actions. Tell them the good feelings that you get from following through on a value.
5. **Look for teaching opportunities.** Be alert for stories from real life, television, books, and newspapers that illustrate a value you think are important. Point out actions of people around you that demonstrate values.
6. **Teach your child to prioritize.** When your child values two things, he will have to choose which one is more important at the time.
7. **If your child isn't honoring a value.** Are you sending the right message to your child by the example that you set?
8. **Discuss your own struggles with your values.** Share with your child how you struggle and choose what to do.