

13 ways to teach values

The best way to teach character is to honour it around your home

Here are some core values, their definitions and some simple mottos you and your children can adopt as your own.

Dependability is being reliable no matter what

"We always keep our promises."
"We can be trusted - even if no one is looking."
"We are prepared to help others even at some cost to ourselves."

Kindness is treating others as you would like them to treat you

"We always make visitors feel welcome."
"We think of other people and share."
"We are gentle with younger children."

Initiative is seeing what needs to be done and doing it

"We do things without being reminded."
"We jump in willingly to help."
"We are self-starters."

Self-control is discipline from the inside and learning to make wise decisions

"We think before we act."
"We do the right thing."
"We use words not fists when we are angry."

Honesty is being truthful to yourself and others

"We always tell the truth even when it's hard."
"Honesty is the best policy."
"A good name is worth more than all the wealth in the world."

Courage is being brave even when we feel afraid

"We give things a go."
"We get up again and have another go - even if we fail. We think of brave people who had courage even though it was hard."

Generosity

is an open-hearted attitude of giving to others

"When something nice happens to somebody else, be glad for them, not sad for yourself." "It is more blessed to give than receive." "When we have money - we save some, give some and spend some."

Perseverance

is hanging in when the going gets tough

"When things get hard we stick with it."
"It's okay to take on a big job a bit at a time."
"When things go wrong we carry on."

Responsibility

is being accountable for our own actions and tasks

"We keep our word."
"We own up when we mess up."
"We finish our jobs before we play."

Loyalty

is building strong family bonds

"We always stick up for each other."
"We don't allow put-downs."
"You can count on me."

Thankfulness

is being grateful for everything we have

"We finish each day counting our blessings."
"We focus on the good things."
"We show gratitude to those around us."

Communication

is self-expression through effective words

"We discuss ideas around the dinner table."
"It's okay to talk about our feelings."
"We use words creatively when we write letters."

Respect

is honouring other's feelings, opinions and property

"We speak politely to everyone."
"We treat other's belongings well."
"It's okay to have a different opinion. We just say, 'Let's agree to disagree.'"

Try this

The best way to teach character is to honour it around your home

- Teach practical wisdom to your children about how to make good choices.
- Have clear family rules and be consistent in enforcing them.
- Practise family sayings. "Words are for building people up not tearing them down."
- Major on the majors - teach manners. They are the building blocks of consideration.

At The Parenting Place we believe **'family is everything'** so we've created a series of 45 Hot Tips brochures to help you make the most of your parenting journey. They're grouped into four categories - Early Years, Middle Years, Tweens and Teens, and General Parenting.

Middle Years topics include -

- 13 ways to teach values
- Bullying
- Helping a worrier
- Ideas for family fun
- I'm bored
- Making friends
- Manners do matter
- Sibling rivalry
- Teaching self-control
- The strong-willed child