

## **Parenting Video 2 - Beginning with the end in mind**

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#### **Video Summary:**

Effective parenting should focus on two key components: the long-term development of the child and the process of parenting, rather than just short-term, immediate results.

Focusing on Values in parenting is a way to engage both the long-term development of the child and the parenting process. Values are the qualities people aspire to embody and the principles they strive to live by, forming the foundation for relationships and decision-making within families.

A compass analogy presents values as providing direction for life's journey, unlike goals, which are specific destinations. The benefits of value-based parenting include providing clear direction for the family, creating a positive environment, and helping navigate challenges.

#### **Key aspects of values:**

1. They are behaviors, not just words
2. They are freely chosen
3. They are ongoing life directions, not achievable goals
4. They involve moving towards positives rather than away from negatives

Using values is not a way to control our kids' behavior. It's a direction the family moves in together. Parents must live out their values first, before expecting the kids to live out their values. Therefore, parents must lead by example the values they want to see in the family. When the kids don't follow the parents' example in the moment, parents have to stay the course of the values for them to have any meaning in the home.

#### **Challenge:**

What are your personal and family values? Acceptance and Commitment Therapy is a widely used approach to explore an individual's or family's core values and thus commit to behaviors and habits that align with those values. There are several resources you can find online at [www.valuescardsort.com](http://www.valuescardsort.com) or [meetingpointcounseling.com/tools/ACT-card-sort](http://meetingpointcounseling.com/tools/ACT-card-sort) to explore your values with your spouse and then your family, or use your value cards from Growing Families in your October resource bag.

Remember the key aspects of values #1-4 when exploring values. Keep identified values visible around the house in daily life and reconnect with them during challenging moments.