# Family Values Assessment

*Questions to ask yourself:*

* What qualities do you value in other families, friends, or important figures in your life?
* How do you want everyone to feel when you are all at home?
* How do you spend time together and away?
* What character flaws in other people drive you nuts?
* What do you find yourself repeating over and over again to your kids? (ex. Table manners, specific routines)

*Reflecting on family values:*

* What values did you and your partner grow up with?
* Do you and your family talk about your values?
* What life decisions have you made that tell you about your values?
* What strengths and weaknesses do you have as a family?

*Broad categories of values:*

Social-friends and family Time

Spiritual, faith, morals, and ethics Character

Work and play Financial

Education Health

Entertainment and technology

# Family Values Exercise

Put a star by the top ten values you relate to in this list

From the items you put a star by, circle the top three

Table

Description automatically generated

*Handout adapted from* <https://raisingkidswithpurpose.com/defining-family-values/>

# Child temperament and learning assessment

*Questions to ask yourself about temperament (the way we approach and react to the world)*

* Does your child prefer to play alone or with other children?
* How does your child typically express their needs or interests?
* Does your child go with the flow, no matter what is happening, or do they prefer routines and order?
* When your child has a problem, how do they handle the issue?
* What is your child’s typical mood or disposition?

*Questions to ask about learning styles*

* What types of toys does your child prefer?
* Does your child prefer quiet or active play?
* Does your child like to read books and draw pictures?
* Does your child prefer to be shown how to do something or have instructions from an adult verbally?
* Is your child drawn to numbers and patterns?

*Broad categories of temperament (about 65% of children fall into one of these categories):*

Easy-going (40% of children): happy, regular in sleeping and eating habits, adaptable, calm, and not easily upset

Slow to warm (15% of children): may be less active or tend to be fussy, and may withdraw or react negatively to new situations, but over time they may become more positive with repeated exposure to a new person, object, or situation

Active or feisty (10% of children): fussy, irregular in feeding and sleeping habits, fearful of new people and situations, easily upset by noise and stimulation, and intense in their reaction

*Adapted from*: <https://www.ecmhc.org/documents/CECMHC_IT3_Booklet_Infant.pdf>