

Conversation #3

(part 2)

Routines, rituals, traditions and even rules are important in creating our family culture. These family rhythms are visual reminders to your children and those around you what you believe.

By now I hope you've noticed all this is connected! Our family values and beliefs are transmitted through how we do life in our day to day.

You may be feeling overwhelmed with all the changes you have ahead of you but remember your core values are lived out not because you are trying harder but because God's Spirit is in you and He helps you remain steadfast in this ever changing culture.

PART 2 OF CONVERSATION #3: CREATE A FAMILY CULTURE THAT'S STEADFAST

Routines--give our children stability, predictability and security. You may get push back when you ask enforce the routines but kids thrive on the security that comes from having them in place. Routines can be as simple as get dressed before you come to eat breakfast, Thursday is family devotional night, phones are charged in parents room or screens come on only after chores are done.

Currently what routines do you have in place for before school and after school?

If you don't have any take a moment and think of where you most need routines: morning, after school or bedtime. Write 1 or 2 routines you'll establish. For example: Morning --The night before school make school lunch. After school--When you get home put your school stuff away before you come in and get a snack. Bedtime--When pj's are on then we can read a book in bed. Watch the video for the magical "when and then" principle to help motivate your child. (for kids of ALL ages.)

Rituals: Rituals are repeated set of actions or words performed for their symbolic nature. An example of a ritual would be a blessing you give your child every morning before they leave to school. A secret hand-shake you have amongst your siblings, a prayer you share before the beginning of each meal. Morning snuggles before the day gets started. When you're 8 you'll get a pocket knife.

List some of the rituals you have already set in place.

Now look over your list and circle the ones you want to continue. Now consider which ones no longer serve their purpose in the stage of life you're in and need to remove.

Traditions: Traditions knit families together they serve as a string that runs from one generation to the next. Traditions are handed down from the past to the present. You get to decide what you want to pass on to your grandchildren and generations to come! Traditions are performed any time of the year and are not limited to holidays. Example: The birthday person gets a birthday "waffle cake".

List some of the traditions you already have set in place.

Now evaluate your traditions and circle the ones you want to continue doing. Consider which ones no longer serve their purpose.

List two traditions you want to set in place remember they don't have to be around a holiday.