



Family Culture Session Three: Doing Together

Introduction

For our preschoolers, what we DO together is who we ARE together. During the third stage of family culture development, our kids will often demonstrate the urge to “to together,” or to practice our values alongside us. The desire to do together offers us the chance to brainstorm ways that we might teach those values more intentionally!

Question

Refer to the notes you’ve made during previous sessions. Which values are you already modeling well? Which do you think you’d like to focus on teaching more intentionally? Feel free to take notes on the next page or in any way that works for you.

Invitation

This week, I invite you to choose a value you’re already modeling well and brainstorm a few practices that might help make the practices kid-friendly. Feel free to use the example below if you might find it helpful.

Example: Doing Together

I can commit to doing gratitude together by...

1. Saying a simple table grace together before we eat.
2. Helping my child to write thank you notes with me.
3. Thanking my child when they're kind and helpful.

Session Three: Notes

Which values are you already modeling well? Which would you like to focus on teaching more intentionally? Feel free to take notes here.

