

# MONTHLY PARENTING TIP FROM ACFC

December 2008



## Building Core Values and Strengthening Character

Take advantage of this unique opportunity to learn more about strengthening core values in your children and other ways to develop courage, responsibility and character in your children by joining an Active Parenting Online Group. This six-week, video-based interactive class is being offered FREE to CWA

represented employees in DE, MD, PA, NJ, VA, WV, Washington, DC or can be purchased at a discounted rate for non-CWA represented employees.

Visit [ww.ACFCares.com](http://ww.ACFCares.com) and click on the Active Parenting link for more information and to register for the next available class.



**Fitting the Pieces of Your Life Together!**



The holidays are quickly approaching and the time of giving and receiving of gifts will soon be upon us. The holiday season is an ideal time to share your values and your own insight on giving and receiving with your children, but how do you, as a parent, express these values to your children during this hectic time? Dr. Michael Popkin, author of *Getting Through to Your Kids*, has these suggestions that you may find helpful.

1. **Read and discuss stories with positive values.** Stories such as *Aesop's Fables* help teach positive values through characters that are easy for children to understand. Read such stories to your children and discuss afterwards. You can also find excellent audio and video stories to share with your children that also reinforce your values.
2. **Live it; don't just give it.** Children learn best by watching, and they are often watching you. What you model through your behavior, and how you encourage them to live is much more influential than words alone. For example, if you want your kids to value helping others, then plan family activities that involve volunteering in the community.
3. **Prioritize your time and money to reflect your values.** There is an old saying that if you want to know what a person really values, do not listen to the tongue in his mouth, but watch the tongue in his shoes. In other words, our behavior tells others what we truly value. This is especially true about how we spend our time and money. If you value *family*, then make sure that you spend time with your family. Most people would not rank *television* as one of their core values, so don't let it be a thief of time that you might spend with your family or in other more highly valued activities. Your actions will communicate volumes to your children and those around you.
4. **Help your child be around other positive role models.** No child learns everything she needs to know from her parents. Even the most conscientious parents need help. Look for opportunities to put your child under the influence of other role models who share positive values. Your child can benefit from having a wide range of positive values to choose from. Coaches, teachers, relatives, and friends can all be important role models to your children. Cultivate these relationships, always looking out for opportunities to associate your child with adults who can help you teach positive values through their words and actions.

This holiday season make the art of giving a priority in your family. Find ways to show your children that giving can be as rewarding as receiving. It will be a holiday tradition they will cherish forever.