



FAMILY DISCUSSION QUESTIONS

- Parents to children

- 7+:

- How we can respond to you more promptly, kindly, and generously?
- What are your favorite ways to spend time as a family?
- What is your favorite family activity?
- Do you feel like we get enough quality (one on one) time together? When can I give you more? Do you feel like I give you enough attention? When can I give you more?

- 3-6:

- What do you like most about spending time w/ Mommy and/or Daddy (M/D)?
- When do you feel closest to me?
- How would you like to spend more time together?
- Do you feel like I am all yours when we are playing?

- Verbal-2:

- What are your favorite things to do with M/D? What else would you like to do together?

- Parents only

- Do we/I respond more promptly, kindly, consistently and generously to our/my children when they need us/me?
- What are our/my children's favorite things to do with us? What else would you like to do together?
- When we spend time together, is it dedicated to accomplishing some other task (shopping, cleaning, fixing, etc.), or time spent for its own sake?

Family commitments:

- Plan a family activity together for as soon as possible - this weekend, or this week at the latest.
- Pick one thing to work on as a family over the next week based on your discussion.



PARENT DISCUSSION QUESTIONS

- Parents to children

- 7+:

- How we can respond to you more promptly, kindly, and generously?
- Do we give you enough freedom? Do we tend to say “no” or “yes” more?
- When there are consequences, do they make sense? Are the consequences a “common sense” result of making a poor choice?
- When we are discussing discipline, how could I be more kind, patient, and loving?
- Do I/we have clear expectations, and do we give you enough forewarning about what will happen if you make certain choices?

- 3-6:

- When we talk about the choices you make, how can I/we be more patient with you?
- Do you have a good idea of the thing I would like you to do? Do you have a good idea of the things I don't want you to do?
- Take some time now to share with your child(ren) your vision for who you would like them to be and how you hope they can interact with others.

- Verbal-2:

- Take some time now to share with your child(ren) your vision for who you would like them to be and how you hope they can interact with others.

- Parents only

- How can we/I respond more promptly, kindly, and generously?

- Are my/our rules consistent and clear?
- Do I/we give you enough freedom? Do /wewe tend to say “no” or “yes” more?
- When there are consequences, do they make sense? Are the consequences a “common sense” result of making a poor choice?
- When I/we are discussing discipline, how could I be more kind, patient, and loving?
- Do I/we have clear expectations, and do we give enough forewarning about what will happen if the child(ren) make certain choices?



PARENT DISCUSSION QUESTIONS CONTINUED

Do you have a vision for who your child will become, how you hope they will interact with others, and how your Catholic faith will form their character and habits? If not, now is a good time to begin thinking about this.

Family Commitment:

- Based on your discussion, pick one area to improve upon this week, such as patience when you are frustrated, kindness when you are disciplining, or correcting in private.
- Dedicate time to reading a Catholic resource on building character and good habits in your children. Then, set aside time to talk with your children about the type of person you would like them to become, drawing on our Catholic faith for guidance.

CONNECTING BETTER THROUGH FAMILY RITUALS

Directions: Think about the family rituals that are present in your family's life and interactions.
Write them down in the four categories below.

(Family ritual : a significant or intentional exchange that happens often and is done together)

<p>Work</p>	<p>Play</p>
<p>Talk</p>	<p>Pray</p>



WHAT DO WE WANT OUR FAMILY TO VALUE?
HOW HAVE WE BEEN COMMUNICATING THOSE VALUES?



WHAT ARE THE FAMILY RITUALS WE ARE STRONGEST IN?



WHAT AREAS CAN WE IMPROVE?

CHOOSE ONE AREA TO WORK ON AS A FAMILY AND DETERMINE ONE ACTION TO HELP ESTABLISH THAT RITUAL.



FAMILY WORKS OF MERCY

Directions: Talk about ways that your family can say "I love you" in your actions with each other using the traditional works of mercy. Place this sheet on your refrigerator or another prominent location in your home. Each time someone performs a family work of mercy, place a sticker or a star in the blank space beside the work of mercy performed. You may want to make copies of this sheet for each child to use or when the sheet is filled up.

CORPORAL WORKS	Feed the hungry	
	Give drink to the thirsty	
	Shelter the homeless	
	Visit the sick	
	Visit the prisoners	
	Bury the dead	
	Give alms to the poor	

SPIRITUAL WORKS	Counseling the doubtful	
	Instructing the ignorant	
	Admonishing the sinner	
	Comforting the sorrowful	
	Forgiving injuries	
	Bearing wrongs patiently	
	Praying for the living and the dead	

FAMILY HUDDLE : Gifts, Talents, and Mission

Brainstorm & Action (Part 1)

Directions: List the names of every person in your household. Help think of the gifts, talents, and interests that each one has and write them down.

Family Member Names:	List their gifts, talents, and interests

Discussion:

God has given us our gifts and talents as tools to make an impact on the world. Our interests are a good starting point to figure out where God wants to send us to make that impact. Discuss the impact you want to make on the world and how you might be able to do that with the gifts and talents listed above.

FAMILY HUDDLE : Gifts, Talents, and Mission

Brainstorm & Action (Part 2)

Directions:

List the things that your family enjoys doing together. Discuss how your family can share the joy of doing these things with others.

As a family we enjoy:	Family mission: <i>(How can our family serve in our local community and/or parish?)</i>



LOVE, CONNECT AND CARE

FAMILY CHALLENGE



Choose at least 1 item in each section to do together.

Love Greater:

Family time – Schedule and do a “family day” (just plain fun).

Extravagant affection – Right before bed, all members of the household hug, kiss, and bless each person.

Connect Better:

Play – Take a 15-minute play break together.

Work – Choose a chore to do together as a household.

Talk – Take turns sharing about a “rose” (good thing/highlight) and a “thorn” (bad thing/negative) of the previous week.

Pray – Trace the sign of the cross on each member of the household before leaving the house.

Care Deeper:

Family – Post the “Family Works of Mercy” in a prominent spot and have at least 1 sticker/star in each box.



When you have completed the challenge, post it and tag (Diocese of Orlando)!