

VALUES TODAY
BRIGHTER
TOMORROWS

BONUS #3

PARENT
GUIDE
CHILD
THRIVE

The Family Values Blueprint

*Raise Children With Clear Values
That Last a Lifetime*

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A COMPANION TO WHY MY ADULT CHILDREN STILL CALL ME FIRST

*Values
Build
Brighter
Futures*



STRONG
FAMILIES
BRIGHTER
TOMORROWS

VALUES | CONNECTION | CHARACTER | A BRIGHTER TOMORROW

Why Values, Not Rules

In my house, I tried never to create too many rules. Not because I didn't believe in structure — I did, deeply — but because I noticed something early on: a home with too many rules teaches children to track rules. A home built around a small number of clear values teaches children to make decisions.

Every rule I kept had a reason behind it, and the reason was almost always one of a handful of values I wanted my children to carry into adulthood — long after they'd forgotten the actual rule. This guide is that handful of values, written down properly for the first time, along with how I actually taught them, not just talked about them.

These are not the only values worth teaching. They're simply the ones I kept coming back to, the ones that showed up in almost every hard parenting moment I've described in the main book. Use this as a starting point, not a checklist you must complete.

01

RESPECT

Children treat others the way they've experienced being treated.

I never believed respect flows only one direction — from child to adult. I spoke to my children the way I wanted to be spoken to, corrected them privately rather than in front of others, and apologised when I got something wrong. None of that weakened my authority. If anything, it strengthened it, because my children learned respect by receiving it, not just by being told to give it.

TEACH IT THIS WEEK

- This week, catch yourself before you correct your child in front of someone else. Pull them aside instead, even if it's just a few steps away.

02

HONESTY

The truth should feel safer to tell than a lie.

I worked hard to make sure that when my children told me the truth — especially an uncomfortable one — the outcome was

better than if they'd hidden it. That doesn't mean there were no consequences. It means the consequence for the mistake was never worse than the consequence would have been for lying about it. Once children learn that honesty costs them more than concealment, they stop being honest.

TEACH IT THIS WEEK

- The next time your child confesses a mistake, say the words out loud: "Thank you for telling me the truth." Say it before anything else, even before you address the mistake itself.

03

KINDNESS

Kindness is something children practise, not something they're born knowing.

I wanted my children to notice when someone was struggling and to do something about it, even in small ways. This rarely came from lectures about being nice. It came from watching me do it — checking on a neighbour, speaking gently to someone having a hard day — and from being expected to contribute at home, where kindness toward the people you live with is practised daily, not occasionally.

TEACH IT THIS WEEK

- Ask your child this week: “Who do you think might be having a hard day right now, and what’s one small thing you could do about it?”

04

RESPONSIBILITY

Every member of the household contributes to it.

This is the value behind the chores that my children resented for years. It was never really about the dishes or the kitchen. It was about teaching them that being part of a family — or a household, or eventually a workplace, a marriage, a life — means contributing, not just being served. Years later, it’s the lesson they thank me for most.

TEACH IT THIS WEEK

- Give your child one age-appropriate responsibility this week that genuinely helps the family, and explain why it matters in one sentence: “We all live here, so we all help take care of it.”

05

FAITH

Believing in something bigger than the problem in front of you.

During a difficult financial season in our home, instead of hiding the struggle from my children, I explained what was happening in age-appropriate terms and invited them to pray with me about it. They felt included rather than shut out, and they learned something I still believe: that hard seasons are survivable, and that you don't have to face them entirely alone.

TEACH IT THIS WEEK

- If faith is part of your family's life, involve your children in it this week — not as an obligation, but as something you're genuinely facing together.

06

LOVE

Love that isn't a reward for good behaviour.

Every value on this list rests on this one. My children never had to earn my love by behaving well, achieving something, or making me proud. I told them I loved them constantly, on

ordinary days and difficult ones, without conditions attached. A child who is certain of your love can absorb correction, disappointment, and hard truths without their sense of worth collapsing.

TEACH IT THIS WEEK

- Tell your child “I love you” at least once today, for no reason at all — not tied to anything they did or didn't do.

Building Your Own Family's List

These six are the ones that mattered most in my home. Yours may be different, or you may want to add to this list. What matters is that your family has a short, clear answer to the question: “What do we actually stand for here?”

THREE QUESTIONS TO ASK YOURSELF

- If my children remembered only three things I taught them, what would I want those to be?
- What values did I see modelled in my own childhood that I want to keep — or deliberately leave behind?
- When my children become adults, what kind of people do I hope they've become, regardless of what they do for a living?

Write your answers down. Talk about them with your children, even the young ones, in simple language. A value nobody has named out loud rarely gets passed on by accident.

PARENT REMINDER

“Children forget most rules. They rarely forget what a family actually stood for.”

With love,

Demi F. O.

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