

12 Tips for Building Our Homes

"A wise woman builds her home..."
Proverbs 14:1a

#1 Define Your Goals

- Write out your family's core values, goals and priorities.
- Create a family mission statement.

#2 Prioritize Relationships

- Spend time one-on-one with each child
- Help your kids process their emotions by asking non-threatening questions
- Make time for family meals, asking questions which foster heart-level conversations
- Cultivate connection rather than demanding respect

#3 Stop, Look, & Listen

- Set aside your phone and make eye contact
- Smile as your kids talk to you
- Ask questions to show you're paying attention

#4 Foster a Teamwork Mentality

- Identify common goals
- Remind your kids you're *for* them and you want them to succeed

#5 Create a Safe Place to be Oneself

- Cultivate each person's unique interests, talents, and personality
- Provide opportunities to try new things
- Model love, acceptance, and respect
- Encourage emotional honesty

#6 Avoid Running Ragged

- Build downtime into your daily routine
- Provide opportunities for fun and relaxation



#7 Make Memories

- Provide structure through predictable events, such as traditions, bedtime routines, and one-on-one times
- Plan memory-making experiences
- Embrace spontaneous opportunities to enjoy life together

#8 Maximize Bedtime

- Read to your children before they go to bed
- Sing songs together
- Pray with each child as you tuck them in
- Let your final words of the day be reminders of your love for and delight in them

#9 Embrace Teachable Moments

- Look for opportunities to discuss important issues as you go through your day
- Ask questions which foster conversation

#10 Be Real

- Model authenticity, rather than striving for perfection
- Talk about ways you're growing personally
- Display and discuss what healthy relationships look like
- Be emotionally honest



#11 Focus on the heart

- Celebrate displays of good character
- Give instruction aimed at the heart, rather than trying to control behavior

#12 Serve Together

- Pray together for known needs -- in your family, among your friends, in your community, on a national and global scale
- Look for opportunities to serve others as you go about your day
- Plan specific times to help others -- a widow in your neighborhood, a food pantry in your community, an area of need that your child has noticed, etc.