Lunch and Learn
From Manager to Mentor, Parenting Through the Long Game
CLIP: Choose One Family Value to Focus On
TRANSCRIPT

[Clip Video Link]

[Full Video Link]

Watch Time: 0:43 minutes

Read Time: >1 minute

[00:00:00] **Dr. Leigh Weisz:** I want you to choose one top value or goal that you have for your kids and a corresponding behavior or two that supports that goal.

If the value that you're trying to instill in your kids is gratitude, then think about the questions that would help model or instill gratitude. So you might ask every night for the kids before bed, "What is something you felt thankful for today?"

If the value was to instill resilience, you might ask, "Was there something hard or uncomfortable that you stuck with today?" Again, that question makes them think about grit and resilience. So what we ask matters.

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