

# Teaching Your Children Values



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**KidsTalk**

## Teaching Your Children Values

In this session we will look at key principles that can guide us through the hazards of life, while building a meaningful life.

When we choose to ignore these principles, we usually find ourselves confronted with the consequences of our poor choices. Ignoring these universal principles can feel much like trying to ignore the laws of gravity. Very painful.

In 1993 I bought and used a book for many years, by Richard and Linda Eyre, *Teaching Your Children Values*. I think it is a fundamental book to help us get to the “beginning”, back to the nuts and bolts of our understanding principles of human behavior, as well as how we might teach our children, as well as live those principles.

The Eyre’s offer us twelve values, one per month, to teach to our toddler, elementary and adolescent aged child. They divide these values up into two groups; the values of being and the values of giving.

### The Values of Being

*honesty, courage, peaceability, self-reliance, potential, self-discipline, moderation, fidelity, and chastity.*

We all have values. What do you spend your time and money doing? That is the physical representation of your values.

Most of us have not seriously examined our values. We have learned through our culture how to act and react to different situations.

When you are aware of your values, you are able to use values as a filter to make decisions and direct your life in a positive way. Unfortunately, many of us make decisions, lacking essential clarity about our values.

**Honesty | to build inner strength and confidence**

**Courage | to do the right thing to help others**

**Peaceability | to understand others**

**Self-reliance | to do your best to be your best**

**Potential | to develop our gifts**

**Self-discipline | to control your body and mind**

**Moderation | to understand one's limits**

**Fidelity | to be true to yourself**

For example, if you are faced with a problem you can ask yourself a series of value questions that should bring clarity to the situation and possible solutions.

Simply ask: In this situation...

Am I being honest with myself and others?

Am I showing courage?

Am I working for peaceability?

Am I trying to understand the other person's point of view?

Am I trying to do my best?

Am I developing my gifts and talents?

Do I need to control my mind and body better?

Am I being true to myself?

**Chastity | to practice constraint**

### **The Values of Giving**

*Loyalty, dependability, respect, love, unselfishness, sensitivity, kindness, friendliness, justice and mercy*

**Loyalty | to honor commitments**

**Dependability | to do as you promise**

**Respect | to see others as worthy**

**Love | to care for others**

**Unselfishness | to share with others**

**Sensitivity | to learn to feel with others**

**Kindness | to think of others**

**Friendliness | to help others**

**Justice | to be fair to others**

**Mercy | to forgive others**

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To teach values we model our values, we live our values, as well as explicitly teach our values.

To create our best versions of ourselves we need to be clear about what we value. We know the answers to the questions: Who am I? Who do I want to be?

Do what we say we value, and how we spend our time and money align?

If not, you have an opportunity to realign your values to who you want to be.

Let's start at the beginning. A very good place to start.

To make the world a better place for our children, we need to start at the beginning, knowing our values, so we can live and teach our values.

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