

**Child's name:**

**Desired values & skills:**  
 (i.e. faith, honesty, responsibility, conflict resolution, empathy, respect, morality ...)

<b>TALK:</b> How can I better explain or ask questions to help my child discover the "whys" of important values?	<b>E</b> XEMPLIFY: What does my child learn by watching my example? How could I more intentionally exemplify and talk about my example?	<b>A</b> FFIRM: What are ways I could affirm even some small aspect of my child's success, or praiseworthy efforts and actions?	<b>C</b> REATE OPPORTUNITIES: What could I do to "set my child up" for success, for responsibility or character development?	<b>H</b> ELP: What are ways in which my child struggles? How can I come alongside to help my child discover and learn?