

Influencing your Family Culture



INTRODUCTION

"Family culture is the manifestation of your priorities – not what you say, not what you wish were true, but what you actually do on a daily basis. You create your family culture with your choices." — Lori Pickett



INFORMATION

Supporting each other happens within trusted relationships where expectations and boundaries are both clear and flexible. In this section we will expand on the work we did to identify compassionate boundaries and our desired family culture. We will focus on behaviors and attitudes that generate the culture we choose for our family. Below is a model that outlines how a caregiver influences their child. After each component is a reflective question for you to consider in your role as a caregiver. We will walk through the model as a group during our next caregiver session.

Model of Influence for Desired Behavior	
Knowledge	Will
<p>Information: What am I telling my child about this behavior, including expectations and boundaries? Is my communication clear (verbal and non-verbal)?</p>	<p>Attitude: Do I believe that my child can do the behavior? How do I convey this attitude to my child with my words and non-verbally?</p>
<p>Example: How does my child see me modeling the desired behavior in our family life?</p>	<p>Consequences: Do I acknowledge and reward the positive behavior when I see it? How do I let my child experience consequences when appropriate?</p>
<p>Experience: What opportunities are there each day for my child to practice the behavior? How can I increase opportunities for success — e.g., are there times and/or situations when it will be easier for my child to practice the behavior?</p>	<p>Grace: How do I respond when my child doesn't meet an expectation regarding the behavior? How do I acknowledge the mistake and plan for improvement while sustaining feelings of belonging and being unconditionally loved?</p>

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SELF-CARE



STRATEGIES

Strategy for Self-care – STRENGTH – Stress Resilience

In order to offer a non-anxious presence in our family, we need to be able to recognize the times when we cannot! In other words, we need to be able to recognize when we need either a new perspective or a break. Often our bodies let us know. The first question we might ask ourselves is, what am I telling myself about this situation and what is another possible story? Here's a fascinating [TED Talk](#) on making stress our friend.

And, sometimes we really just need a break! It is helpful to have a plan for what we can do and who can assist us in finding a way to take a break. Of course, all of this is successful only if we allow ourselves the vulnerability of needing a break and, if needed, asking for help.

Tapping in and out strategy

1. Caregivers (and other adults in your family and friend circle) can work together to develop an understanding about how they might help you in your role as a caregiver.
2. For example: if a caregiver can no longer maintain a calm, non-anxious presence with their child who is having behavioral challenges, the caregiver can ask another trusted adult to take over for a short time while they take a break to return to a calmer mindset.
3. The adults can develop a way to communicate when they need to step away from a child.



WHAT'S NEXT

The last section of our Caregiver Compassion Resilience group will focus on **Wellness and Resilience Strategies: Mind, Spirit, Strength, and Heart**. We will explore specific strategies and how to implement them in our lives.