

Creating a Family Manifesto

By: Christine Crocker R.Psych

Webinar

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Webinar Outline

- ▶ In this webinar I plan to explore:
 - ▶ What is a family manifesto?
 - ▶ What are Family rules?
 - ▶ 5 steps to creating:
 - ▶ Family Manifesto and Identify family values
 - ▶ Identify family rules

Little About myself...



What is a family manifesto?



► Manifesto [ˌmʌnəˈfestō]

manifesto (noun) · **manifestos** (plural noun)

a public declaration of policy and aims

synonyms:

policy statement · [platform](#) · [program](#) · [declaration](#) · [proclamation](#) · [pronouncement](#) · [announcement](#) · [publication](#) · [notification](#) · [pronunciamento](#)

► To help guide your family, help you focus on what is important.

The Manifesto communicates the family's SHARED VALUES



Family Rules or House Rules



Every family's rules will be different. Your family rules will be influenced by your beliefs and values, your situation and your child's maturity and needs.

- ▶ **Family rules** are positive statements about how your family wants to look after and treat its members.
- ▶ **Rules help:** children and teenagers learn what behavior is and isn't OK in your family.
- ▶ Helps adults be consistent in the way they behave towards children and teenagers.
- ▶ **Good family rules are positive, specific and easy to understand.**
- ▶ **Make rules about things like physical behavior, safety, manners, routines and respect.**
- ▶ **Rules need to change as children get older and your family situation changes**

How to create a Manifesto/Family Rules

5 STEPS

- ▶ Step 1. Brainstorm
- ▶ Step 2. Discuss
- ▶ Step 3. Bring it to life
- ▶ Step 4. Display your manifesto and or Family Rules
- ▶ Step 5. Revisit and revise



Brainstorming



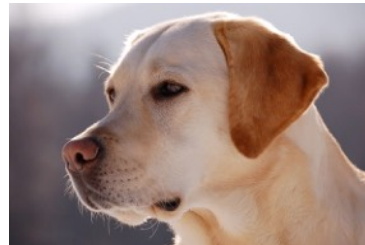
- ▶ As parents reflect and research yourself first.
 - ▶ Percolate some ideas or guiding principals.
 - ▶ What are your values for our family?
 - ▶ What are our Hopes which are the rules that address this?
 - ▶ What are some hot spots that need cooling?

- ▶ Hold a family meeting, have everyone involved
 - ▶ What is important in our family?
 - ▶ What does our family believe in?
 - ▶ What are some of our favorite family activities?
 - ▶ How do we want to treat each other and others?
 - ▶ How do we celebrate our family?
 - ▶ Culturally what is important to our family?



Younger vs Older Kiddos

- ▶ When you have a ‘family meeting’ to create the manifesto:
 - ▶ increase buy in when kiddos contribute
 - ▶ understanding the shared goals
 - ▶ Fun bonding activity
 - ▶ When you involve children and teenagers in making the rules, it helps them understand and accept the rules and why your family needs them. This means they’re **more likely to see the rules as fair and stick to them.**
- ▶ For elementary school students
 - ▶ structure is a critical part of developing a sense of security and mastery.
- ▶ For older children
 - ▶ shared communication and goals



Discuss



- ▶ Have each family member share their ideas
- ▶ After you have come up with a list of ideas discuss which ones you like/dislike
- ▶ Try to narrow down to 10-20 as a family
- ▶ Post each family members ideas, then have everyone put a tally mark next to their favorites
- ▶ Often I will start to narrow down to create a
 - ▶ Manifesto and family rules list as they serve different purposes

Phrase ideas - relational values

- ▶ Love, support, respect each other
- ▶ Encourage and help each other
- ▶ Hug often
- ▶ Be kind to yourself and others
- ▶ Hands are for hugging, high fives and are not for hitting
- ▶ Use kind words because words are not for hurting
- ▶ We always love each other but may not always like each other
- ▶ Fair does not always mean the same, you get what you need
- ▶ You get what you get and don't get upset
- ▶ Live, love, Laugh Together
- ▶ Make time for each other
- ▶ Do you want to be right or in a relationship?
- ▶ We say please when we ask for something
- ▶ We use quite inside voices



Phrase ideas -Contributing

- ▶ Many hands make for light work
- ▶ Together we get it done
- ▶ We all help out
- ▶ Take it out put it back
- ▶ Clean enough to be healthy dirty enough to be happy



Phrase ideas - Growth mindset

- ▶ Love to learn
- ▶ Ask questions
- ▶ Make mistakes
- ▶ Ask for help
- ▶ Be brave and honest
- ▶ Do our Best
- ▶ Practice makes improvement
- ▶ Try new things
- ▶ Get creative
- ▶ Making mistakes is evidence that you are trying
- ▶ Try, Try and Try



Phrase ideas - We Believe in...

- ▶ Finding the good in every day
- ▶ Working hard
- ▶ Being humble
- ▶ Honor the environment
- ▶ Laughing more worrying less
- ▶ Learning by doing
- ▶ Thinking outside the box
- ▶ Be your best you, you're the only one you got!
- ▶ Live life with passion and bend the rules

Phrase ideas -Family Media Rules



- ▶ People are more important than technology
- ▶ Connect in the world and with technology
- ▶ I will visit websites/media that my parents would be proud of
- ▶ I will give other people credit when I use their ideas or copy parts of their documents from the Internet in my homework or other projects
- ▶ Social media
 - ▶ Don't be mean, keep it clean
 - ▶ Don't Lie, Don't Pry
 - ▶ Don't Cheat, Can't Delete
 - ▶ Don't Steal, Don't Reveal
- ▶ The human spirit must prevail over technology - *Albert Einstein (Scientist)*

Build your own

- ▶ We Can...
- ▶ Together we...
- ▶ In difficult times, we.....
- ▶ We find joy in....
- ▶ We follow our.....
- ▶ We practice....
- ▶ We do....
- ▶ We start each day...
- ▶ We are...
- ▶ Work hard and....
- ▶ Be your own....
- ▶ Do more of....
- ▶ Remember.....



Bring it to life

- ▶ If you have a creative family and artsy, you can design your own poster or in cross stitch!
 - ▶ Print it from a computer
 - ▶ Hire a designer to design it for you
 - ▶ Use Etsy
 - ▶ Commission someone you know to bring your manifesto to life
 - ▶ Large poster board




It can help to write down the rules and display them somewhere everyone can see them. This helps make them clear, and it can also prevent arguments about what is or isn't allowed. For younger children you can make or draw pictures that show the rules.

Display your *Manifesto* and/or Rules

- ▶ Put it somewhere prominent
- ▶ Manifesto is a reminder of your unity, uniqueness and shared values, beliefs and or activities
- ▶ Surround the manifesto with a picture of your family
- ▶ Even better if the pictures represent the values or activities in the manifesto

THE BATCHELDERS

Together we choose
to be grateful for the
small things, the big
things and everything
in between. We know,
when we love what
we have, we have
everything we need



Take **B** HONEST
chances **E** HONEST
Bisnett 2005
Laugh **CRY**
often
Hold your Head High
Listen to **be** GRATEFUL
your heart **DO YOUR BEST**

Creative

Improve everyday

Do what you love

Can

Kindness to yourself and others

Together

Laugh



IN THIS HOUSE, WE



respect
each other



support
each other

make
mistakes

try new
things

do our
best



dream big

are

GRATEFUL

kind

SILLY

READ EVERY DAY

WORK HARD

PLAY HARD

Family Rules...

BE polite **SMILE** Help Each Other
honest **NO WHINING!!** Kiss goodbye
Loving
awesome Keep your elbows off the table

make wishes *Do Your Best* **L** **LISTEN** To
always tell the truth **O** YOUR

SLOW DOWN WORK HARD **L** PARENTS
say your prayers explore
USE BIG

find your patience *Be Present* **WORDS**

SHARE *When You say Sorry...* play
say it like you mean it nice

EVERYTHING *clean up after yourself*
(except bad ideas) **PAY** **BRUSH YOUR TEETH**

eat well **IN** *Respect Yourself*
sleep enough **HUGS** *have FUN*



OUR FAMILY'S GOLDEN RULES

1

When asking for something, say "please." When receiving something, say "thank you."

2

Unless it's a true emergency, do not interrupt when grown-ups are speaking. Wait until they are finished, or until there is a definite pause in the conversation.

3

Call adults by their last name with the proper title (Mr., Mrs., Miss, Ms.) unless instructed otherwise.

4

If you have doubt about whether or not you can do something, or have something, ask permission from an adult.

5

Choose kind words. Always.

6

When making a phone call, introduce yourself before asking to speak with the person you are calling. Also, when answering the home phone, introduce yourself the following way: Hello, this is _____.

7

If you are bored, keep it to yourself. You are responsible for your own entertainment.

8

If you see an adult or a friend struggling with something, offer help right away. Also, if you are seated and an adult is standing, offer your seat.

9

Use proper table manners. Ask for items to be passed, chew with your mouth closed, napkin stays on lap, and use utensils properly. When finished eating, clear your own place setting.

10

Mom and Dad are the bosses. End of story.



Specific Rules Posted: as needed

Family Safety Rules

walk home with brothers and sisters

Ask when using the computer or tablet

tell mum and dad where I am going

Don't tell strangers your full name

wear helmets on bikes, scooters and skateboards

Don't go in the swimming pool without Mum or Dad watching

wear a seatbelt in the car

never go anywhere with strangers

walk safely on the footpath



Weekend chores

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Tidy up



Wash clothes



Plan groceries



Do errands



Cook



Fold & put away laundry



Improve



Vacuum

Rules change as your Kiddos grow



Basic House Rules

(please add/delete as fits your needs)

1. There will be no physical or verbal abuse to anyone living in this house. (Include name calling if an issue). Verbal abuse includes yelling.
2. Your room must be clean before you leave the house in the morning. (Adjust to your desires.)
3. Dishes are not to be left in the sink. Wash, dry and put away / place in dishwasher.
4. Telephone curfew is _____. No calls in or out after that time. No long distance or toll calls without prior permission.
5. You will attend school daily and keep your homework current. You will get grades of _____ or better. All classes must be attended.
6. Clean common areas after each use. Do not leave belongings around the house.
7. Do not 'borrow' from anyone in the house without permission.
8. Curfew is Sunday through Thursday; Friday and Saturday. You will call by _____ if you do not come home directly from school.
9. No one in the home without a parent in attendance.
10. There will no television between the hours of _____ to _____ OR, There will be no television after (9:00 p.m.) Sunday through (6:00 p.m.) Friday. (Whatever works for you.)
11. Chores must be done as per attached list, by the time specified on the list.
12. There will no drugs and/or alcohol allowed in or around the house.
13. You are responsible for the actions of your friends while they are in our house.
14. No sleeping over at another's home without 24-hour notice, my talking to the other parent and the address and telephone number of that person.
15. You must, at all times, let me know your whereabouts, including the name and phone number of where you are.
16. Music curfew.
17. Rules re Smoking.

Revisit and Revise

- ▶ As time passes, especially as you create the manifesto when your kiddos are young, your manifesto and family rules may need some updating
- ▶ Occasionally revisit
 - ▶ Manifesto
 - ▶ Family rules
- ▶ Maybe an annual tradition?
- ▶ When you need to address and make clear expected behavior and family values

Questions?

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*Thank
you*

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Resources

- ▶ <https://biglifejournal.com/>
- ▶ <https://mediasmarts.ca/tipsheet/family-online-rules-tip-sheet>
- ▶ <https://www.etsy.com/ca/search?q=family%20manifesto>
- ▶ <https://raisingchildren.net.au/preschoolers/behaviour/rules-consequences/family-rules>
- ▶ <https://www.cdc.gov/parents/essentials/structure/rules.html>
- ▶ <http://room2tuis2013.blogspot.com/2013/06/keeping-ourselves-safe-home-safety-rules.html>
- ▶ <https://bily.org/other-help/reference-library/pdf/Basic-House-Rules-min.pdf>