

National Family Week October 3 – 9, 2011



Turning Your Family's Values into Action

The theme for this year's National Family Week, *Turning Your Family's Values into Action*, encourages families to think about how their values can take shape and become a part of everyday activities. Exploring your family's values can create a strong sense of unity and provide a clear understanding of what your family feels is important.

The key to helping children understand a family value is to act on the discussion. For example, many families value protecting the environment, and apply that by teaching their children about recycling or by biking with their children to school. Visiting an elderly neighbour who lives alone emphasizes the value of kindness and compassion.

National Family Week is also an opportunity to talk about individual values and how they relate to the family as a whole. Not everyone will share the same values, even within a family. Cultural or generational differences may create discord but they are important to acknowledge. Unique individual perspectives have the potential to foster a healthy dialogue among family members and allow for new collaborative family values to be put into action.

Please join the Canadian Association of Family Resource Programs (FRP Canada) together with National Family Week partners to celebrate "family values in action" during **National Family Week, October 3 – 9, 2011**.

For more information, please call FRP Canada's toll-free number (1-866-637-7226) or check the National Family Week website at www.frp.ca/nfw for some ideas to consider as you put your family's values into action.

