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The *Parent's Information Kit* gives you a range of resources to inform you about Values Based Parenting. We explain all resources in group sessions.

The *Parent's Information Kit* contains 14 attachments, a summary of which is set out below.

- Attachment 1** Introduction to Values Based Parenting (VBP)
- How does VBP work ?
 - Benefits of VBP
 - Background to Values Based Parenting
 - *Why was VBP developed ?*
 - *How was VBP developed ?*
 - *Social change and parenting.*
- Attachment 2** Master List of Values
A thorough list of values.
- Attachment 3** Values, Decisions, Behaviour and Safety
Introduces the background to children's three step decision making process:
1. Stop (and consider which of your values are relevant),
 2. Wait (and decide which behaviours best fit the value),
 3. Go (and implement the behaviour, and learn).
- Decision making is linked to values as children develop.
- Attachment 4** Values Create Boundaries
A diagram and exercise that uses a playing oval to demonstrate to children how it is necessary to 'play by the rules', or to live within boundaries that are created by values. Gives a framework and basic model for children to understand how values work.
- Attachment 5** Choice Plans
Uses a simple process that visually maps how healthy decisions and choices work.
- Attachment 6** Stop! Wait! Go! Worksheet
Worksheet children use to practice making decisions across many situations.
- Attachment 7** Needs, Wants and Privileges
Information and charts that demonstrate to parents and children the differences between needs, wants and privileges – and how to apply those distinctions in your family.



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- Attachment 8** Age Charts and Time Charts
A visual resource parents use, that allows children to conclude for themselves who in their family has more experience, knowledge and skill in day to day living - parents.
- Attachment 9** Natural Laws of Families
Poster that outlines how families have worked healthily for a very long time.
- Attachment 10** Healthy Routines for Kids
Dept Health and Ageing poster: structure of daily routines 'at a glance'.
- Attachment 11** Talk about Anything, Argue about Nothing
Poster that outlines alternatives to conflict.
- Attachment 12** Mean Mums and Dads
Poem and poster that explains to children how some things seem unfair to them but how parents decisions limits and boundaries are good in the long term.
- Attachment 13** Butterfly
Poster that that identifies why it is necessary for children to try hard sometimes and how others (usually parents) doing too much for children can reduce children's skills and abilities.
- Attachment 14** Medicare Benefits Scheme (MBS)
Referral authority (from MBS manual for allied health, page 38) to psychologists for parenting skills.

End