THE RESILIENT KID PODCAST

Season 4 – Episode 14

Exploring Family Values

[00:00:00]

Hello and welcome to the Resilient Kid podcast with me, Ashley Costello, psychotherapist, for over 25 years. So, hello! Um, Today is all about family values and it's really, really important. But the reason that I'm kind of talking about it today is after the last few podcasts we were talking about bullying and different things like that.

And I really wanted to have a look at the various different aspects about bullying, because, you know, if your child has been bullied it's awful You feel like you can't protect them, [00:01:00] but also, I wanted to look at the side where what if your child is the bully? You know, because I think we can see bullies in this really harsh light and actually there's something going on for that child.

You know, for me, I talk about any behavior is to try and fulfil a need and it's up to us as adults around that kid to really look at what that need is and, and help support them in that. Now, when I was talking about bullying and the various aspects and why kids bully and things. So if you haven't listened to that, go back and listen to those three episodes.

It was really, it was really interesting. And also, we've got author, Sam Dean, who has a book out The Triplets, and that was all around kids bullying each other, and he had a really amazing take on bullying, and how it's dealt with in different cultures, like, first-hand experience about it, so [00:02:00] that was, that's brilliant, and that's a replay, but really worth it, and the book, his book is really good, and really funny as well, it's a really funny book.

So, as we were talking about those, Family Values came up, and I had quite a few emails just asking me about it, so I thought, why not? Why not talk about it here? And, and, you know, because some of the questions I can answer, so let's answer them here, and then everybody gets the value from the family value section.

So what are family values? Well, they're the things that we believe in as, as a family. Um, and it's what families stand for, what they stand against. And it can be, it can include anything from being kind and being respectful to working hard, helping others. All those kinds of things. And these values really help shape who we are and how we interact with the world.[00:03:00]

And so you imagine if we're talking about kids, it's really important that we have these open and honest conversations. And the reason I say that to you is because a lot of values will come up. Kind of subconsciously, we don't explicitly talk about them. If I said to you, what was one of your family values growing up?

What did your parents believe in? What was a, so for me, straight away, come to mind would be lying. Oh my goodness, I don't care what you've done. Just don't lie about it. That was kind of my mum's motto. You know, so lots of things like that we don't necessarily talk about. It being a family value, but actually when we think intrinsically how you've been brought up, what we stand for as a family, actually, it's really good to have those open and honest conversations with our kids so that you see where they stand on some of the things that you might think about.

And also is it something that you might change? [00:04:00] So let's think about some of the common family values that we have. So maybe your family values, honestly, like mine, mom and dad always did, always telling the truth, even when it's hard. And that's, that's the thing, isn't it? It's not when everything's going right, it's when, when things go wrong.

Perhaps you value generosity, sharing what you have with others, helping those in need. Maybe volunteering is a real family value. So for me, volunteering is part of our family makeup.

My kids volunteer. I give, you know, even in my business, I sponsor um, my daughter's rugby team. I help out with my youngest acting school.

So either giving time or money depending on what it is that they need. The kids also they volunteer at local events like community re-awards that we have here locally in Cheshire. TEDx Northwich, which is again a local [00:05:00] thing. Simply the breast uh, which is an award to honour those people who have gone through breast cancer and those who have supported them.

And The kids do that because it isn't an every week thing, you know, it's, it's something that is an event, so sometimes it just comes around once a year, so actually it might only take a day out of their time, sometimes it might take a couple of hours for three or four times and then run up to an event um, but actually it's really important that they see giving back and actually the value of that for me is, is twofold.

It isn't just that there are values and they're playing out like we actually play them out in real life. So it's okay saying, oh yeah, we do stuff in the community, but do we, you know, so it's important that they do. The other thing as [00:06:00] well is the feedback that they get is really good. The feedback I get about my kids is really lovely, you know, and that's not, of course they're not angels, of course they're not perfect all the time, but actually when they hear adults that, you know, might not necessarily know them, that are not related to them, giving them feedback around, it's really lovely to see you here.

Are you volunteering? They get to listen to the different stories. It makes my kids grateful, but also it gives them a sense of confidence and pride in what they're doing. So, it's those kinds of things that I think are really important, how it plays out.

So one way to understand what your family values are, is to have a conversation, alright? To have that conversation around the table you know, for us a Saturday night would be a good one because, sometimes we'll have dinner around the TV, of course, [00:07:00] but sometimes we'll sit and, and Saturday night, because nobody's rushing anywhere, we'll just chill, you know, we'll have a chat, things like that.

And that's a good time to have those debates and those conversations.

What's important to us as a family and why is it so important? Because it really builds connection between you and the kids. But also it helps you see the world through their eyes, I think. So you can start by asking questions.

What's the most important things in life to our family? You know, can you tell me a story about a time when our family values helped us through a tough situation? How can you, how can I show you our family values in everyday action? How do

you see me? Display or practice our family values because it's really interesting to get their take on it.

[00:08:00] Now, if they're young, then you're going to have to start off with, you know, what is family values and, but also say what kind of things do we believe in? You don't have to use the term family values, but what are our beliefs as a family? And that could be, you know, that might be anything from going to church on a Sunday.

That's important. Um, Things like being kind to each other, helping out around the house, things like that. So all those kinds of things really are great to talk about with the kids and really get an understanding of what they understand that you guys stand for and also what do they stand against.

So for me a really big one is I won't hear, like, for us, we are a real ally for, LBGTQAI plus community. That's really important for us because we've got lots of members of our family and friends who [00:09:00] would fit into that community. So it's really important that we are an ally. We are also anti racism. And again, that's, I think. Me growing up in South Africa, that was really important to me.

And so, you know, I hope that I've kind of give that to my kids as well. So it's really, important that you have these explicit conversations around it. And even if you're not sat around the table on a Saturday night, maybe in the car, you know, I think it's, well, let me give you kind of a personal story that will just help.

So When I was younger, my family went through a really tough time when my dad lost his job, and it was a really, really stressful period. It was during the 80s. There was lots of unemployment. Unemployment was at like an all-time high. Actually, I could have been sheltered quite easily from that.

But actually, my mom and dad sat me down, we spoke about it and my mom had a good [00:10:00] job, but you know, money was tight. It was really tight. And so, it was about supporting each other. We all pitched in to help out. I kind of started, you know, as a teen doing more stuff around the house. And I think when I think back, I was like barely a teen.

But you know, we did little things. My dad had this amazing record collection of about 2, 000 records. And it got to a point and he sold his record collection. Which

was probably worth thousands and thousands of pounds. But it meant That we weren't worried where money was coming from because we had that little pot to kind of get us through.

Now, of course, he could have gone, but that's mine. I've been collecting it since I was like 14. But you know, we all wanted to put, we all wanted to help out as much as possible, you know, and there's times when we chat about that. And I said, to my dad, did you regret that?

And he went, [00:11:00] sometimes, but it was so worth it at the time to do it. So I think, you know, there's things like that when it might not seem a big deal that I am, putting stuff in the washing machine or making a simple dinner for everybody for when they got, you know, from when mom got home from work.

But it just meant that she could work a little bit later. My dad could go out looking for a job, you know, things like that. So I think we forget that our values come into play when, you know, when stuff hits the fan. Could I have jumped up and down and said, I wanted this, I wanted to go there, blah, blah, blah.

Yes, I could have, but actually, knowing that we were all in it together, and grateful for what we've got, I think that really helped. So, talking about family values isn't just about serious conversations, that's quite a serious situation, but actually you can [00:12:00] celebrate those family values. So as much as I am saying one of ours is giving back to the community and we see our kids go out and do volunteering, you know, you can also do things.

If one of your family values say is health and wellness, maybe you can, you know, plan a walk or a park run, things like that, cook a healthy meal together. If it is that your, one of your family values is education. Maybe have, you know, a night where you teach them, teach each other. Like I love to see kids teach adults something that they've learned because it really helps them in confidence.

And it is something that I often recommend with those kids who say, I'm not as confident as we'd like them to be, because confidence really boosts resilience, and we know that if the components of resilience are not quite there, then, you know, we can get sick, and [00:13:00] we can struggle with our mental health.

So things like getting our kids to do things like that, chores, and teaching us things, really helps. I'm really underpinned by those family values because, you know,

Family values are like, for me, the roots of a tree. They keep us grounded, they help us grow strong, you know, and we can grow. And understanding and living the values means that we're really building a strong foundation for our kids and we're future proofing it.

You know, we're actually future proofing our kids because it's not just about the values that we hold dear, is it? But it's when they're out there, there is nothing better, I think, as a parent. Then when somebody else gives you feedback about your kid and it's lovely because you kind of, there's not many times in a parenting journey where we pat [00:14:00] ourselves on the back, is there?

And actually when somebody else says, oh, I met your so and so, I met your son, I met your daughter, I met your child. And they say, they were lovely. They were polite. They, you know, they helped me. They said hello, you know, things like that. That is a time where we can really stop and go, yeah, okay, I've done a good job.

It is all based around family values.

So, you know, it is more than just having those conversations. It's living it. It's celebrating it. But actually, you know, have a think about what yours are and see how you can really strengthen that for your kids because when they're out in the big wide world, when they're at work, when they meet a partner, when they're off at university, part time job, it is those values that they're going to [00:15:00] fall back on.

And as they hit the teenage years, there's often times when kids come up against wanting to belong to a group, wanting to fit in and There'll be times that they'll be asked to do stuff that might be risky, that might be something they're not comfortable with, and it'll be the family values that they'll think of.

If those family values are strong, the kids are less likely to dip into that risky behaviour, they're less likely to say yes when they really wanted to say no because it's been ingrained because you've talked about it because they know that you wouldn't do that or you wouldn't be happy with it.

So I challenge you this week to have that conversation take some time [00:16:00] to talk to your kids And, and the family, do this as a family if you can, about your values, what you think, ask them theirs, listen to the stories, share your thoughts,

talk about maybe values that have changed, you know, from when you were growing up as a child to them, you know, to, to you being an adult, and then now you've got children.

Because they do change, and that's okay, isn't it? But what is it that you all have in common? You know, you're almost looking for that Venn diagram between, say, your parents, your values, and your kids, and where's the overlap? Because I think that would be, you know, it's a really lovely little exercise to do.

And, okay, so how do we show that? How would other people know that these are our family values? And how much would you stand up for? And how much would you stand against? So, yeah, I challenge you [00:17:00] this week to have a little bit of a family values discussion, whether it's in a car journey, whether it's, round the table, whatever it is, but let me know how you get on.

I would love to hear how you would get on with that. Before I go, just wanted to say to you a couple of things, really big shout out to I've been to the Cheshire, hold on a minute. What was it? Cheshire Woman of the Year Awards today. Sorry. Couldn't think then at all. Um, Hosted by the lovely Cheshire Life.

And. I was a guest of Sam Newey, who is amazing, really lovely, talking about volunteering. She is fabulous. She does the TEDx Northwich, she does community re awards, she helps out radio Northwich events, the re-engage she does loads of things. So a big shout out to Sam and say thank you very much for the invitation.

It was a beautiful afternoon. But the reason I mention it is [00:18:00] because , I've met a few people there. Children's authors, different things like that, that we're going to get on the podcast. Because I think it'd be really interesting guests and, and somebody else for you to listen to. So one of the things I wanted to say is if you suggest anybody, if you think actually, I'd really like to, why don't you get this?

I really like what they're saying. Get them on as a guest. Drop me an email at ashley@theresilientkid.co.uk or follow me on socials @ theresilientkidUK. Because I think, yeah, I'm at just like today, any kind of ideas, themes that you have. I just want you to, you know, be open to it, and if I can do it, I absolutely will.

And, yeah, more than happy, more than happy. There is a big announcement coming on the 1st of July, so please watch out for the socials. If you don't follow me on socials, please do. For the simple reason is, that's where the announcement's [00:19:00] gonna be. You can always contact me on the email address, but follow me on Insta and Facebook.

And if you haven't joined the free group, join the free group. There's loads of resources in there. And they would, you know, they'll really help if you're struggling with anything, but if there is something that your child is struggling with, please get in touch. We are more always, always more than happy to help.

And as we just finish the recording, I just want to say safe travels for, if you listen to the podcast, you will know who she is, a member of my team, Chantelle. She is my VA, she is my right-hand woman, I cannot do without her. I owe a huge amount to my business um, and growing the business to her. And she's off on a very, very well-deserved holiday.

She will be doing this transcript on the last night before she travels. And I just want to say thank you, Chantelle. Safe travels. Have an amazing time in Thailand. We love you. And come back safe. [00:20:00] Take care, everyone. Bye for now.