



Applying Capturing Kids' Hearts and Techniques at Home

- Develop a Social Contract. As a family, have each member think about the answers to these questions:
 - How do you want to be treated by the adults in the home?
 - How do you want to be treated by each other?
 - How do you think the adults want to be treated by you?
 - How do we want to treat each other when there is a conflict?

On a piece of paper, write the words “Family Social Contract”. All family members participate and state their responses to the questions above. Make a list of no more than 10 words. If you have more words, decide which words are the best for your family. Make sure everyone knows what each of the words mean (i.e. respectful, politely, etc.), with the person contributing the word also providing the definition (respectful of privacy, politely discuss problems, etc.). When your contract is ready, the whole family signs the contract. Hang it in the kitchen and go over it often to discuss how everyone is doing and hold each other accountable. If conflict arises, refer to the contract and ask, “How did we say we were going to treat each other?”

- Help your children focus on appropriate behavior and make connections between school and home.
 - What are you doing?
 - What are you supposed to be doing?
 - Are you doing it? (the answer to this one is always “No”)
 - What are you going to do about it?
- Start dinner with “Good Things” by asking, “What was a good thing that happened today?”
- Help each other to practice listening to others with their ears, eyes, heart, and undivided attention.
- Help your family think of a meaningful phrase to share with each other each time you say good-bye, good night, etc.

This is a great program and we hope this information helps you develop communication and self-management at home with your family.

We thank you for your support and we look forward to improving our schools and community even more!

Grand Haven Area Public Schools has adopted the Capturing Kids' Hearts™ process developed by the Flippen Group to help us reach our district initiative of excellence and equity for all.