

Foundations for Thriving in Catholic Parenting

Episode 2 - Nurture

3 Environments that affect Virtue in our children:

1. Physical Environments

How does your family express your home
in a way that's unique to who you are as a family?
Routines create safety. ~~~ Rituals create identity.

1. What are some ideas of how you could express the uniqueness of your family in your rituals and home?

2. What's your idea of a perfect family time ritual?

2. Relational Environments (Emotional)

Authoritarian vs Authoritative
Bonding, Modeling, Presence, Empathy, boundaries

3. Spiritual Environments

Pursuit of all that is true, beautiful & good.
Fuel yourself so you can fuel your children.