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# Family Engagement:

## The 6 Habits Assessment

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- Waking
    - Are you engaging with the 'Monsters' of the Morning or 'Gathering and Sending?'
  - Mealtimes
    - Are you Consuming Separately or 'Communing Together?'
  - Screentime
    - Is Screentime exposure shaping your child or do you limit to intentionally form their morals and values?
  - Play
    - Is activity in your home shaped with screens or are you cultivating imagination and joy through intentional family activity?
  - Conversation
    - Are you missing opportunities to teach the habit of conversation or are you pursuing 1:1 moments?
  - Bedtime
    - Is Bedtime a chaotic continuation of the day's frustrations or an opportunity to model letting go, extending grace, and restoring the relationship?
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