

# Hospitable Families Discussions

## Welcome

- What are your family's rituals of Welcome?
- How do you express your welcome/invitation?
- What elements are present in your welcome: sights, sounds, touch, tastes, smells, etc.?

## Safety

- Do you have visual signs of Safety in your home? (e.g., pictures/symbols that suggest Peace, Cooperation, Community, Family, Love, etc.)
- Have you developed clear rules/guidelines for how people treat each other in your family?
- Does each person in your family know what he/she can do to stay safe in an emergency? (e.g., how and when to call 911, importance of telling family members when and where you are going when you leave, etc.)

## Nurture

- Do your family meals bring people together in a way that reinforces positive experiences of their day (or their lives since you last were together)?
- Have you studied human development enough to know what each person is needing to learn/master before his/her next life stage?
- How are younger members of your family encouraged to become nurturers?
- Do you have pets that can help teach/direct nurturing behaviors of family members?
- Are younger members encouraged to help prepare meals and serve meals?

## Equipping

- Have you determined specific ages for young members to learn specific life skills? (e.g., how to do laundry, how to cook, how to structure their time and their activities, etc.)
- To what extent do you intentionally teach self-care, household care, and relationship care skills?

- What (and who) was most helpful in your younger life that equipped you for your life? Can you tell stories about what, when, and how you learned various life skills?

### **Blessing**

- Do you introduce blessing prayers to young members (meals, bedtime, other life events)?
- What do you think is most important as you bless family members?
- What might you think of that you would add/introduce to your family about blessings?
- With other family members, create your own unique family blessing.