

# Crafting Your Family Identity, Episode 10



**Power of Moms**  
A Gathering Place for Deliberate Mothers

With April and Saren

Corporate companies, churches, and groups of all kinds strive to create a culture and a sense of belonging to their members. When individuals feel a sense of belonging through common beliefs, symbols and rituals, unity and commitment to the specific group increases. Families can (and should) be the first group that our children find that sense of belonging.

A good starting point to create a family culture is to have an executive meeting with just the spouses. There you can think on the following questions:

- What do you want your family to stand for/achieve?
- What do you want your kids to learn and incorporate into their lives?
- What does it mean to be a part of your family?

Discussion with the entire family can be helpful to determine what the values are or family vision. Saren and her husband did this with her children when they were still small, and through discussion came up with eight adjectives that everyone in the family could appreciate and get behind.

April had wanted a family T-shirt forever. Her family collaborated together, but what they ended up deciding was, “The Perry Family: Spreading Love Like Butter on Toast”. Even though it was kind of silly, her kids loved it, so it added to the family culture!

It is so important to involve our kids in this process—it can be silly and fun, and it can also evolve to accommodate new ideas and maturity levels.

Ideas of Identity Crafting Tools:

- Family cheers (little kids LOVE family cheers!)
- Family songs (either ones that are about your family, or that your family really enjoys)
- Family flags
- Family T-shirts
- Family motto/values
- Family quotes/sayings
- Family hugs/handshakes/displays of affection

This process doesn't need to be complicated, expensive or time consuming. It also does not need to happen overnight. You may see some things in your family that are already adding to your family culture, and you could just build on them a bit to make them really meaningful. A lot of it is paying attention to what naturally happens, and then repeating what went over well.

You don't have to try to cheer just because—April's family does not like cheers, but they have several family songs that they really enjoy. When things feel unnatural or just “not you”, then don't worry about it, and try something new!

*Transcribed by Jesse Stewart*