

“[Family Rhythm holds] great promise for helping families take the Gospel into the everyday patterns of life.”

~Dr. Denise Muir-Kjesbo, Professor of Children's and Family Ministry, Bethel Seminary

Family Rhythm is designed to meet today's families at their current phase of life, stimulate a vibrant and life-giving rhythm to groove to and provide a guiding plan for discipleship.



CONNECT



Set up an initial conversation and consultation to get grooving!

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Do you believe your family can groove to a better beat each and every day? Family Rhythm is a peace- and wonder-building strategy for families.





Let's move to a transformational rhythm!

One Story provides an overview of the story-rhythm with strong Scriptural foundations and inspiration.

Core Values and **Phases** identify what you want your family to be considering healthy traits, developmental milestones, unique makeup and God's vision.

Activity Log and **Genogram** increases awareness of family patterns and habits.

Parenting Styles and **Training Tools** equips with strategies for improving effectiveness including appropriate consequences, emotion control and focus on strengths.

Discipline Pattern and **Conversations** shift a behaviour modification approach to a relational and story-driven approach.

Daily Family Time and **Legacy Plan** put small, specific actions in place leveraging natural rhythms of life, traditions and long-term outlook.

TRAINING TARGETS

When you focus on this one, transformational story and tell it in your daily relational patterns, you'll discover a massively satisfying rhythm. Each part of the story contains captivating targets that you can leverage right now to be a blessing and enrich your legacy. Family Rhythm has identified 11 such targets each designed with engaging tools to galvanize your family.

