

A Style Language for Family Lifestyle

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Abstract

In this paper, we present "A Style Language for Family Lifestyle" which visualizes various ways of family lifestyle. There are unique ways of living that each family has, however they are not to be visualized into a language, and people have less opportunities to aware of their own styles of living in their daily lives or other families' styles of living. In order to find how other families around us are making the quality of family lifestyle, we interviewed people with different backgrounds, such as family composition and origin, and visualized them through the method of style language. Style language is a language that describes the various approaches of doing in a specific field or subject. By collecting, organizing, and describing a number of styles, it will be easier for people to talk about styles and to gain new ideas beyond their personal experience. A Style Language for Family Lifestyle has 390 styles of living from 130 people. Through using A Style Language for Family Lifestyle, people will be able to know other families' ways of living, to reflect their ways of living, and to generate their own unique family lifestyle. This paper presents 14 examples of A Style Language for Family Lifestyle and introduce one way of utilizing this style language; chatting workshop.

Categories and Subject Descriptors: **[Social and professional topics]**: Professional topics— Project and people management

General Terms: Human Factors

Key words: Family, Lifestyle, Style Language

ACM Reference Format:

Suzuki, R., Toba, K., et al. 2018. A Style Language for Family Lifestyle. HILLSIDE Proc. of Conf. on Pattern Lang. of Prog. 25 (October 2018), 14 pages.

1. INTRODUCTION

Family is a concept that almost everyone can relate to and has an understanding of, however each family has its own way of living. In the past, Russian novelist Leo Tolstoy said that "All happy families are alike; each unhappy family is unhappy in its own way," in the beginning of his book (*Anna Karenina*, 1878). In this context, what is the common point among all the happy families? We guessed that the quality of happiness was the common point and there are some patterns to generate the quality. On the other hand, there are a lot of practical way to generate the quality of happiness and each family has different styles. Even, many families design their own family lifestyles, they don't know how the other families are, and it is difficult to know what kind of lifestyles are exist. In order to learn how other families are making the quality of family lifestyle, we interviewed people with different backgrounds, such as family composition and origin We also found that there are various family lifestyles that we have never heard of. We assume that we can help people to reflect their past and to find the specific approach for creating their own family lifestyle by visualizing many types of family lifestyle. In order to visualize many types of family lifestyle and give ideas to help people designing, we, Iba laboratory, created "A Style Language for Family Lifestyle" with Lifestyle Research Center at Kao corporation. This is the style language created for the first time in the world. In this paper, we introduce A Style Language for Family Lifestyle, explain the creating process, and share the ways of utilizing this style language.

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2. CONCEPT OF A STYLE LANGUAGE FOR FAMILY LIFESTYLE

In this chapter, we explain the concept of style language and introduce A Style Language for Family Lifestyle.

2.1 About style language

Style language is a language that describes the various approaches of doing in a specific field or subject. The concept was developed through the inspiration from A Pattern Language (Alexander, et al., 1977). Although both languages support the creative acts as a vocabulary, their functions and goals are quite different. Pattern languages shares practical knowledge and enhance the *quality* of the creative act, whereas style languages support giving recognition to the *diverse possibilities* (Figure 1). In other words, a style language is a language which expresses and provides insights into the *diversity* of approaches (Iba, et al., 2018).

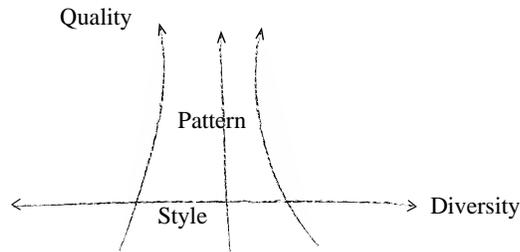


Figure 1: Style language describes various approaches to improve the quality

Style language consists of elements called “Style,” and each “Style” visualizes one good approach that a certain person practices. This language describes the content of ways of doing, which is “style content.” The name of the each style, “style word,” represents each style’s feature and this name becomes part of the vocabulary, to be recognized, remembered and discussed.

2.2 A Style Language for Family Lifestyle

A Style Language for Family Lifestyle describes various families’ ways of living, such as family rules, habits, routines, and roles in 390 styles. For instance, there are many ways of creating an unity of the family, and every single family has different way to achieve. One family eats breakfast together for making time to gathering up. Another family practices running together for participating in a marathon competition. As examples in the above, every single family has their unique approach to create the sense of unity. However, people have less opportunities to aware of their own styles daily, and they become difficult to aware other families’ styles of living, and to include new ways of living without any knowledge.

A Style Language for Family Lifestyle was created through the collaboration of Iba Laboratory and Lifestyle Research Center at Kao Corporation. This collaborative research project’s purpose was to realize the support for designing family environment where children grow up fast and healthily. In order to achieve, we interviewed people with different background, look them back on their childhood and tell something about memories or actions that their parents did. A Style Language for Family Lifestyle was created to share ways of living those were told by people and to support for making their own ways of living.

We assumed that through the use of A Style Language for Family Lifestyle, people can reconsider their own family’s lifestyle, become easier to introduce about their family, and gain hints for generating the quality of family lifestyle. People can recognize that their thoughts, and approaches are one of various styles by visualizing many types of styles in style language. Furthermore, they can discuss about their styles with others, and they will also be able to know other people’s styles. Therefore, through using style language and gaining various styles, we can generate hints for new ideas and thoughts.



Figure 2: Some Examples of A Style Language for Family Lifestyle

3. EXAMPLES OF A STYLE LANGUAGE FOR FAMILY LIFESTYLE

Currently, A Style Language for Family Lifestyle includes 390 styles of living under 14 themes. Each style consists of a sentence describing the style word, its style content, and the theme. Some examples of styles are shown below. Style word symbolizes its content on the upper left with bold letters. Various styles of family are written as an episode in the middle. Style theme which style aims to achieve in the right bottom.

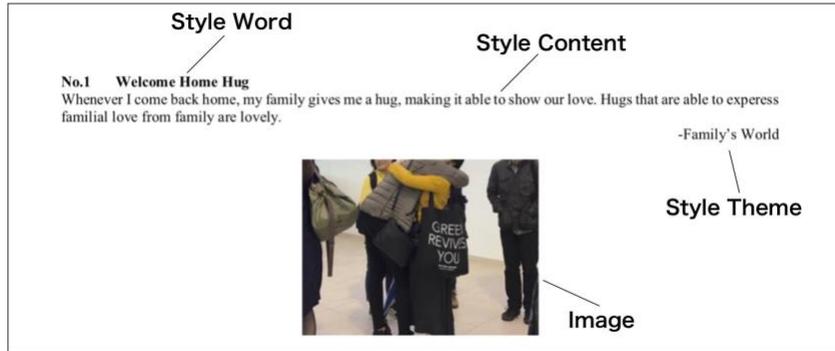


Figure3: Style word on the upper left, Style content in the middle, theme in the right bottom

No.1 Welcome Home Hug

Whenever I come back home, my family gives me a hug, making it able to show our love. Hugs that are able to express familial love from family are lovely.

-Family's World



No.2 House-Sitting Magic

My brothers and I would make pranks around the house while our mom was at work. Even though we made a mess, our mom enjoyed our pranks, saying that it was "House-Sitting Magic." We would always have fun staying at home and thinking of what we were going to do next to surprise her.

-Cheer Up!!



No.3 Start with a prayer

Every weekend, my whole family goes to a shrine and then spends the rest of the day together. We give thanks that we could spend the week peacefully, and pray to have a good next week. Spending time together makes us feel closer.

-Family Time



No.4 Respecting Hobbies

My parents don't deny people's hobbies and respect our hobbies no matter how old we are. That's why I have a wide range of interests, and don't reject other's diversity.

-Keep Your Identity



No.5 Brothers from Another Mother

I go on a trip every year with friends living in the same apartment. We spend a lot of time together and are like one big family. Because I had so many big brother figures growing up, I was able to spend every day happily.

-Warm Connections



No.6 Bathroom Goal Poster

In our bathroom, we had a poster where everyone wrote their goals for the month. I could imagine how my father's work was going and share my own goals with my family, so we could encourage each other to achieve our goals.

-See the Outside World



No.7 Kickoff Lunchbox

My mom makes a family-sized lunchbox on the weekends without any occasion. She doesn't make a lunchbox because we have plans to go somewhere, she says "I packed lunch, so let's go somewhere!" so we all go out.

-Invitation to a Dialogue



No.8 World Donation Map

On the big world map we have in our living room, we put different color pins on the places that we visited as a family or someone in the family visited. My father often went abroad for business trips, but I didn't feel sad when I thought that "dad is expanding the world domination map."

-Family Project



No.9 Appeal Presentation

When I want to start something new or propose something new to my parents, I need to make a presentation. Even when I'm going on a vacation with my own money, I have to make a presentation and talk about why I'm going.

-Think Together



No.10 Mom Appreciation Day

On days when the whole family is at home, we tell our mother to not do any housework. Everyone else splits the chores and makes meals, doing all the housework our mother usually does by herself. By understanding all the troubles she goes through for us everyday, we are able to appreciate her even more.

-Chance to Reflect



No.11 A Little Mailman

I would write things I didn't want to tell my parents face to face in a letter and give it to younger sister who likes to play mailman. She would deliver the letter to my father, so it was easy to tell my dad things that were hard to say in person.

-Speak Honestly



No.12 Book Concierge

When I was in middle school, my family would introduce the books they recommend to everyone. Even if it was a difficult book, having my family introduce it to me made it easier to read. A lot of conversations were born from this and it was really fun.

-Share my Favorites



No.13 PaPa Pancake

Every Sunday Morning, my dad made us pancakes. Even though he's not usually much of a cook, he would try his best to make them into cute shapes. Every Sunday morning was somehow special for me.

-Little Pleasures



No.14 Birthday Pearl

I received one pearl every year for my birthday. Because it took many years to become a complete present, I was ecstatic when it was finally completed.

-How we Keep Memories



4. THE PROCESS OF CRATING A STYLE LANGAGE FOR FAMILY LIFESTYLE

In this section, we explain the creating process of A Style Language for Family Lifestyle. First of all, we interviewed about families' lifestyles and important things for families. During the interview, we conducted "Mining Dialogue" to extract knowledge of practice in a particular field and domain through a dialogue. Next, we scored and ranked styles depends on its uniqueness and message, and classified them according to themes. Finally, we wrote and improved sentences in each style for making it easy to read, and symbolized the content of the style with a name.

4.1 Mining Dialogue

In order to know other families' ways of living, we interviewed a total of 130 people from different background, such as family composition, region of origin and family environment. At this time, we conducted a method called "Mining Dialogue" (Sasabe, et al., 2016). Mining Dialogue is a pattern mining method to gain practical knowledge from practitioners of a certain theme or domain. By conducting mining interview, it is able to gain the key points of experiences. In the mining dialogue, in order to explore the most important things, start with asking practitioners "The most important thing you want to tell" by asking question. Then, the interviewer and the interviewee have a dialogue, and hearing and getting the key points of experiences.

When we created A Style Language for Family Lifestyle, we asked "What is your favorite part of your family?" or "Did you have any rules in your family?" While interviewees and we talked to each other, we heard their families' ways of living and wrote them down on the sticky note. As a result, we collected a total of 638 unique styles, episodes and rules of 130 families.

For instance, we heard stories, "Every Sunday Morning, my dad made us pancakes. Even though he's not usually much of a cook, he would try his best to make them into cute shapes. Every Sunday morning was somehow special for me." and "We kept in our mind to take pictures of our daily life. Then, at the end of the year, my whole family made an album together. By making albums, we were able to preserve our memories every year."

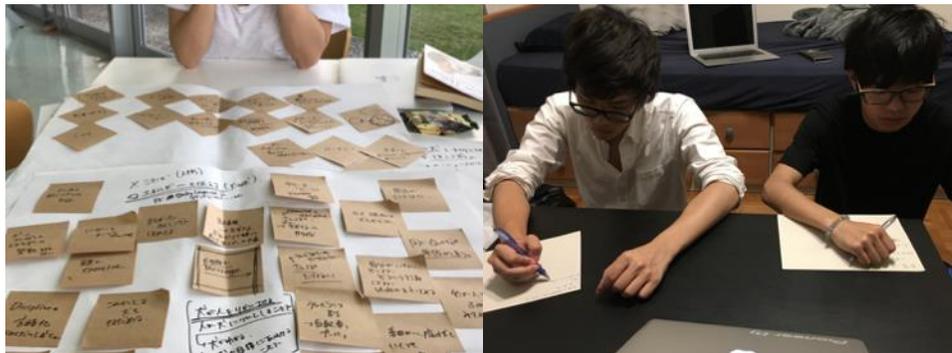


Figure 3: The Process of Mining Dialogue

4.2 Selecting Style and Categorizing under Themes

Once 638 styles were collected, we gave scores from 1 to 5 points and 5 is preferable and 1 is bad. We scored by its uniqueness, easiness to image the practical scene, and the attention to readers to practice. We did not select styles that would give a negative image, have too much instructive styles that take children's independence away, and describe exactly the same content. Then, we organized and grouped the style contents by spreading them out and bringing similar styles closer. As a result, 390 styles were categorized under 14 themes. For each of the categorized themes, we put a symbolic name that can represent contents of styles belong in each theme. For instance, the collection of styles for creating family's own way of living is the theme of "Family's World" and the collection of style for ideas to have a lively conversation is the theme of "Invitation to a Dialogue."



Figure 4: Categorizing 390 Style Seeds under 14 Themes

Styles in A Style Language for Family Lifestyle are classified into 14 categories and the classification is depends on what the style aim for. (Table 1)

Table 1 : 14 Themes of A Style Language for Family Lifestyle

Theme	Contents	Number of Styles
Family's World	What our families are like and the ways of families.	43
Cheer Up!!	How the people around us support my family.	51
Family Time	How my family lives our daily lives and routines.	55
Keep Your Identity	Accept and respect everyone in the family.	21
Warm Connections	Connect with relatives and neighbors.	17
See the Outside World	See our family members outside lives.	19
Invitation to a Dialogue	Ways to trigger communication within the family.	30
Family Project	Work with our family and create events.	25
Think Together	Discuss together the serious issues or the important decision.	11
Chance to Reflect	An opportunity to express gratitude for our family.	12
Speak Honestly	Efforts to understand each other.	17
Share my Favorites	Involve the kids in our parents' hobbies and enjoy them together.	22
Little Pleasures	The little bits of joy in everyday life.	57
How We Keep Memories	Unique approaches to keep our memories.	10
		390

4.3 Style Writing and Naming

We wrote down about the content told in the Mining Dialogue, what kind of action, what kind of result in what kind of situation. In this case, we focused on not only improving sentences to read easily, but also keeping the atmosphere and texture which were told in the mining dialogue by keeping the phrases. At the same time, we also named the style word for each style. We used "Pattern Naming Pattern" (Shibata, et al., 2016) which describes the tips on naming patterns as a reference. A style word was named to become "the expression that captured the essence" of its content, and gave a name to "a word that can be used everyday" for everyone.

4.4 Cards of A Style Language for Family Lifestyle

We created cards of A Style Language for Family Lifestyle so that we can use it in the workshop. In each card, the style word and style contents are described in about the half space of the card so that participants of

workshop can pick up and understand easily and quickly. In other half space of the card, there is a photo and it supports participants to imagine its style content easily (Figure 5).



Figure 5: The Layout of the Style Card

5. CHATTING WORKSHOP WITH USING A STYLE LANGUAGE FOR FAMILY LIFESTYLE

During the creating process, one question came up in our mind, and that was “What kind of support should be given to generate the quality of family lifestyle by using A Style Language for Family Lifestyle?” We guess that we can support generating the quality of family lifestyle by holding a “Chatting Workshop.” In this section, we introduce the Chatting Workshop with using A Style Language of Family Lifestyle cards.

The Chatting Workshop is a workshop that encourages participants to pick up some cards and search for the style that they like or that they want to practice in their families. While searching for their favorite cards, many participants have chats with other participants about their thoughts or feelings of exploring diverse ways of living and share their own episodes. The feature of Chatting Workshop is that it does not recommend participants to discuss about style card, and it encourages them to express what they just feel and share with others with a relaxed atmosphere. This activity also helps participants to recall their own memories and makes it easier to come up with better family lifestyle. There are reactions to the specific style what people have done, and possibilities to practice a new style and find differences among other participants. There might be reactions of "My family does it too!" and “There are families do such a thing. What a surprise!” We held Chatting Workshop at the Open Research Forum 2017, and announced this research outcomes broadly.



Figure 6: Chatting Workshop with using A Style Language at Open Research Forum 2018

After holding this workshop, participants to Chatting Workshop said these of following.

- I want to try some styles in my family.
- I could find many styles which I want to try when I have children. Especially, for “Invest in a Fun”

- I found that there is a no correct answer for family.
- I was able to enjoy sharing experiences with others while admiring the different styles of each family's events even they seem to be similar.
- I was able to understand the experience of other family's styles and organize my thoughts through using the style language.

In the workshop, there were many positive impressions and comments. For instance, there were comments about ambition to practice styles in their home. "There are so many style that I want to use when I have a baby." and "I want to practice in my home right now." In addition, one of the participants in the workshop practiced styles in one's home, referring to the style word of "My Family Awards" in the style theme of "Chance to Reflect."

My Family Awards

"Around the end of the year, my family presents each other with awards. There's usually no opportunity to express our appreciation for each other, so it's a good chance to say "Thank you," and the event itself is very exciting. It also makes me happy that everyone is actually paying close attention to me throughout the year. "

-Chance to Reflect

We receive the comment that, "I made a message book of my family award on New Year's Eve. When I said to write the 2017's Awards to each family on the left, and write the 2018's resolution on the right side, unexpectedly everyone wrote them smoothly with no hesitation. I was surprised. My family does not stay together usually, so it was a little wandering."

Therefore, a Chatting Workshop with using A Style Language for Family Lifestyle has an influence on supporting to share the various styles of family that cannot be usually learned by everyone, and supporting to generate hints on creating their own family lifestyles.

6. CONCLUSION

In this paper, we presented A Style Language for Family Lifestyle, a language that visualizes various ways of family lifestyle and introduced a part of 390 styles. We also introduced the utilizing method of A Style Language for Family Lifestyle. By holding the workshop, it was suggested that style language can be a tool to support people reconsidering about their family, gives hints on creating a quality of family lifestyle, and introduce various way of family lifestyle. For this research project, we just visualized the Japanese common family. However, family lifestyles are all different depend on the culture, country and the family composition. By incorporating those different family lifestyles, we guess that we will be able to understand the diversity and respect different culture and people with different background. Every single family is unique. It will also become important for us to keep that uniqueness, and generate the better quality of family lifestyle. Therefore, we would like to continue the further research on creating ways to support even more practical or a long term method for generating the better quality of family lifestyle through Chatting workshop and the other new utilizing method.

ACKNOWLEDGEMENT

We would like to thank project members from Lifestyle Research Center at Kao Corporation: Chie Akita, Kimie Ito, Mika Tabeta, and Kiyomi Yamahiro, for collaborating with Iba Laboratory to study style language. We would also thank project members of A Style Language for Family Lifestyle in Iba Laboratory: Tomoki Kaneko, Shuichiro Ando, Konomi Munakata, Kotomi Nozaki, Miwane Umewaka, Yusuke Shimoda, Ozaki Yuma. Finally, we would like to express our gratitude to Aimi Burgoyne and Rioha Kuroda for translating style words into English.

We'd like to thank our shepherd G Priyalakshmi for valuable comments and feedback during the PLoP 2018 shepherding process. We'd also like to thank Joseph Yoder for valuable support to write this paper.

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APPENDIX

Family's World	House-Sitting Magic	One on One Time	Advice from Grandmother	Finding the Accomplishment	Review our Growth
A Line for a new year	Papa Coach	Dad Tutor	Refreshing Announcement	Father's Back	A Journey to Collect Memories
Family Match	Cuddle form Distance	Individual Time to Enjoy	Make Up Lunch	Photo Talk	Memories of the Seasons
Fair rock, scissors and paper	Line of Relief	Dinner Communication Time	Older Awareness	Bathroom Goal Poster	Matching Goods
Prevent Pversleep Project	Adventure Guardian	Pre-Dinner Mini Lesson	Switch Feeling	Work Report	Out for Birthdays
Blessed Breakfast	Line for Freedom	Men and Ladies' Day	Make Up Letter	Memories in the Workplace	New Year's Promise
Step to Adult	Backing up Enthusiasm	Morning Review	A Little Mailman	Observing the Adult	Growth Album
My family's Special	Gently Watching Over	Express the Will	Share our Worries	Touring the Workplace	Birthdays Chams
Schedule of Concern	Delicate Caring	Activity Report Dinners	Compliment in Secret	Energy for Motivation	Little Pleasures
Managing Life with Brother	Inquiring Mind Guardian	Start with a Prayer	Speak our Badness	Introducing the Exciting Job	Leftover Arrangement
Learning Etiquette	Free Support for the Interest	Everyday Breakfast	Story of Family History	Socializing with Families	The Best Meals
Chores Cooperation	Supportinf Spirit of Inquiry	Taste-Testing Hobbies	Father's Invisible Care	Moms' Assembly	Word Chaing Schedule Board
Welcome Home Hug	Freedom to Start	Lunch Request	Warm Connections	Mom Consultation Meeting	Bonus Challenge
Frustration Exnguisher	Love Lunch Box	Keep Your Identity	Sweet Home Town	Share the Fun	BBQ Day
The Family Picture	All Out Push	Stay out with Trust	Lessons from Grandmother	Family Project	Our Movies
Example of Parent and Child	Appropriate Interference	On Equal Footing	Cooperate with Neighbors	Sharing Household	Late Saturday Night Show
Unchanging character Bento	Hidden Backup Squad	Inspire the Responsibility	Fit in the City	Creating a Grand Event	No Plan Camping
Moge Moge Language	3000yen Rule	Entrance to the Adult	Grandma School	Knock out Tennis Competition	Foreign Meals at Home
Secret Nickname	Pursue the Like	Scale of Importance	Neighborhood Family	Marathon Family Run	Road-Trip Vacation
Slow Life Fiesta	Decisive Independence	Freedom of Choice	Suburban Network	Habits of Making a Habit	End of the Week Refreshment
Smiley Project	My First Adventure	Equal Nickname	Relatives' Party	Family Cycling Time	At Home Birthday
Day off Princess	Flip the Switch	Declaration of Seeing as an Adult	Motivation Supporters	Family Skiing Time	Unique Holiday Events
Embarrassing Song	Gift of Options	Expand the Possibility	Adults Connection	Cultural Exchange Oppotunity	Silly Dad
Privileged Kid	Acceoting Everyting	A Challenging Trip	Wide Communities	Garden Activity	Papa's Kitchen
Holding Hands before Sleep	Supporting Enthusiasm	Equal First name Calling	Warm After School	Party Decorators	Beloved Family Pets
High Five of Our Own	Encouraging the Will	Respect what You Want	Dinner from Two	Family BBQ	My Unique Embroidery
Role of Itadakimaisu	Family Time	Rely on Self-disciplined	Grandma's Caffe	Exciting Cooking	Cleaning Race
Role model for Eating	On Our Way Home	Respecting Hobbies	Master of Games	Piggy Bank Dream	Welcoming Household
Caring for Spiffy-Looking	Family Study Room	Request Time	Brothers from Another Mother	Apply Specialities	Household Mission
Geeky Naming	Morning Circle	Signal to Start	Families' Camp	Huge Secret Surprise	Family Anniversary Day
Hoping for Luck	Saturday Spouse Stroll	Take care of your want	Invitation to a Dialogue	World Domination Map	Simple Connections
Jump to the World	Guy Time	Calling by First Name	Message with a Chat	New Challenge Mission	Unique Questions
Baton of Affection	4 Generation Girls Talk	Training for Decision Making	Morning Walk	Unity Marathon	Dress Up Dinner
Politely Talking	Everyone's Individual Plans	Time to Face Myself	Share Clothing	A Trip Leader	Family Performance
Scorching Duty Person	Visit and Vacation in One	Freedom of Decision	Practice Mate	Sharing the Same Passion	Chore Games
Caring for Objects	8 PM Assembly	Chance to Reflect	3 Generation Girls	The Unity for Welcoming	Fuess the Footsteps
Division of Teaching	Boy Time and Girl Time	Chore Duty	Penny Savings Challenge	Team Work for Celebration	Special Fridays
Youngest is the Standard	Husband and Wife Time	Yearly Reflection Meeting	Trigger TV	Garden Dinner	Bed-Time Chorus
Calling ~Chan~	Brothers' Bond	Time for Silence	Connected Door	Planners for a Trip	Cooking Challenge
Playing with Nature	Relaxing Family Time	Life-Sized Dad	Reconcile through Soccer	Our Own Destination	Hidden Bunny
Pochi Pochi Language	Time for Chilling	Say It's Delicious!	Gathering in front of the TV	Original Travel	At-Home Vacation
Good Luck Charm	Papa Bonding Time	Bond in a Long-Distance	Chat after Traveling	Share my Favorites	Change Seats for Dinner
Time for mom and me	Train Connections	Study Abroad at Grandma's	Gathering Room	Book Concierge	Our Family's Mascot Dog
Cheer Up!!	Thanks to the Obvious	Mom Appreciation Day	the Sun in the Houce	Group Practice	Spouse Meal
Sibling Bond	According to Plan	My Family Awards	Shoulder Massage Negotiation	Show Housework	Post-Dinner Chat Time
Heartfelt Letters	Drinks with the Family	Mother' s Day	Straightforward Message	Outdoor Classroom	One of a Kind Gift
Family Cheering Squad	Unplanned Gathering	Dayle Chore Experience	Stay Connected through Cooking	Castle Viewing Cource	Mom-Made Patch
Connection Making Diary	Individual Connections	Extracurricular Support	Together Session	"Outdoor" Family	Take Care Message
Happy Special Friday	Unforced Connections	Think Together	Home with Daddy	Share What I Like	Message from Dad
Buddy for Curiosity	Separate yet Together	Mama Coach	Family Bookshelf	Home-Grown Meal	Memorable Game Time
My own Secretary	Mom is a Friend	Academic Partner	Kickoff Lunchbox	Concert Persuasion	Family TopicMaking
Stence of Love	Heartwarming Dishes	Straight Feedback	Reconcile Sponge Cake	Show the Fun	Only on the Weekends
Smlly to Encourage	Living Room Slumber Party	Explain, Don't Scold	Serving Meals	Share our Knowledge	Connecting with Games
Gently Blame	Our Living Room	Switch to Speak Politely	Learn from Seasons	Before Bed Book	Balcony Party
Sowing the Seeds of Dream	Invitation for Dinner	Place to Decide	Time to Learn Together	Art Exposure	Sunday Break
Envelope with Understanding	Hobby Exploration	Open Wallet Into	Memory Decoration	Book-Worm Origin	Every Night Test of Luck
Investment for Interest	Thankful Taste of Home	Life Meeting	Trigger Bento	Weekend Hobbies	Dad's Skits
Hiking for a Change	Together with Games	Decisions Watched Over	Each Pace of Living	Papa Pancake	Firefly Signal
Anything Adviser	6 AM Fun	Deepen the Dream	Business Trip Story	Showcased Hobbies	Skill Making
Pursue your Like	Birthday Party Ticket	Apael Presentation	After School Chat	Book Exposure	Gift from the Kids
Daily Seeing off	Secret Shared Notebook	Speak Honestly	The Topic for Conversation	Exposure to Nature	Child-Parent Ensemble
Support Enthusiasms	Combine Hobbies	Speak Openly	See the Outside World	Welcome the New Chef	Good Night Cum
Followup Curiosity	Shopping Separately	Consultation in the Car	In House Field Trip	A Great Adventure with Grandpa	Multi-Household Party
My Life Senior	Post-Breakfast Talking Time	Beloved Grandparents	Workplace Friend Trip	Outdoor Papa	Trip Routine
Relative Cheering Squad	Time to Gather	Expressing Real Feeling	Seeing the Contribution	Hobby Follower	
Origini Charm	After-Meal Game Time	Take Over the Message	Talk with Proper Nouns	How we Keep Memories	
One Question a Day	Living-Class Room		Daily Presentation	Day to Day Memory Album	
Coping Smile	Vacation Freetime			Birthday Pearl	
Stuffed with Love	The Day of Tasting Four Seasons				