Understanding Family Dynamics
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What Influences Family Dynamics?
Influences on Family Dynamics

- Nature of the parents’ relationship
- If parents are lenient or strict
- Number of siblings in the family
- Personalities of the household members
- An absent or single parent
Influences on Family Dynamics

- Nature of the household “mix”
- Level and type of influence from extended family or others
- Special needs or chronically sick child and/or adult
- Crisis in the family
- Family values
- Nature of attachments
- Dynamics of previous generations
Changing Family Dynamics

Individuals within the family provide the following:

- Basic needs (such as food, clothing, and shelter)
- Economic support
- Education
- Love and affection
Changing Family Dynamics

Individuals within the family provide the following:

- Nurturance
- Opportunities to have fun
- Protection
- Religious background
Roles

- Given Roles
- Acquired Roles
- Character Roles
Roles in Life

Life gives us a lot to balance:

- Family
- Work or school
- Different personalities
- Various roles
Character Roles

These are the roles that we are “labeled” because of other’s views of us.
Character Roles

Scapegoat

Peace-Keeper
Character Roles

- Can be a true character trait or a myth
- Can be changed, but it takes communication and understanding on all parties.
- Can raise or lower one’s self-esteem
- Can put extra expectation on a person
Roles in Life

- Buffering
- Multiplicity
- Roles
- Stereotyping
Life Stages

There are various events or situations in life that can greatly affect us. These are a natural and expected part of each person’s life.
Life Changes

Marker Event: A significant event that marks real change in one’s life.
Family Dynamics Scenario

(click on picture)
Questions?
References and Resources

Images:
Microsoft Clip Art: Used with permission from Microsoft.

Textbook:

Websites:
Family, Career and Community Leaders of America (FCCLA)
Website containing curricular ideas and information related to family, career and community.
http://www.texasfccla.org

Public Broadcasting Service (PBS)
Website with links to television, articles and information on various curricular subjects of public interest.
http://www.pbs.org

Public Broadcasting Service (PBS)
This PBS article discusses the importance of family meal time and gives tips on how to make it successful.

YouTube™:
Family Dynamics: Scenario 1
Family Dynamic to illustrate closed, inflexible family boundaries.
http://youtu.be/gddHUVT0NPA