Building Healthy Family Relationships
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What Does a Healthy Relationship Look Like?
How Do Families Build Healthy Relationships?
Sharing Goals and Priorities
Sharing Goals and Priorities

- Celebrate together when a goal is accomplished
- Establish realistic expectations and set priorities
Sharing Resources
Sharing Resources

- Time, energy, interest, knowledge and skills
- Use resources for home management
Sharing a Lasting Commitment
Family Bonds

- All families go through difficult and trying times
- When pressures of life, finances or work affect a family member, other family members can help out
Sharing a Lasting Commitment

- Adding to a person’s sense of security
- Providing individualized attention to the needs of each person
- Showing people they are not alone
Ways to Show Commitment

- Ask about each other’s day
- Be involved in each other’s activities
- Create a family mission statement
Building Relationships

Building Relationships for a Happy, Healthy and Balanced Life

(click on link)
Showing Appreciation to One Another
Showing Appreciation

- Show appreciation frequently
- Be appreciative of invisible work
- Behavior is contagious
Showing Affection
Showing Affection

- Affection is showing other family members that you care about them

- Expressing love – Understand what affection means to the other person and offer your love unconditionally
Sharing Time Together
Sharing Time Together

Quality time is more important than quantity time

- Camping
- Completing chores
- Doing homework
- Eating together
- Vacationing
Using Creative Problem Solving
Creative Problem Solving

- Happy families have the same number of arguments as other families, but they have spaces filled with happy times.

- It is okay to have problems, but the key is to solve them quickly.
Maintaining a Great Relationship

Family Relationships
(click on link)
Using Communication Skills Effectively
Using Communication

- Families should encourage open discussion and good communication

- Open communication encourages families to share goals
Traits of a Healthy Family

- Affirms and supports
- Communicates
- Listens
- Respects
- Trusts and forgives
Additional Traits to Consider

- Admits and/or seeks help for problems
- Has a sense of humor
- Has family rituals and traditions
- Shares responsibilities
- Teaches right from wrong
- Values service to each other
Discussion Questions

“In a united family, happiness springs of itself.” – Chinese Proverb

◦ Why are these components important?
◦ How will these components help you in future relationships?
How Can We Transfer These Skills to Further Develop Relationships?
Relationships Can Be With…

- Associates
- A dating partner
- A family member
- Friends
- A marriage partner
- Neighbors
- Place of Worship
- Work colleagues
Questions?
References and Resources

Microsoft Clip Art: Used with permission from Microsoft.

Textbook:

Websites:
Advocates for Youth
Strengthening Family Relationships
http://www.advocatesforyouth.org/publications/1229?task=view

American Psychological Association
Family and Relationships.

University of Minnesota
Why Personal Relationships are Important.
http://www.takingcharge.csh.umn.edu/enhance-your-wellbeing/relationships/why-personal-relationships-are-important
References and Resources

YouTube ™:
Building Relationships for a Happy, Healthy and Balanced Life
The most important ingredient for a long, happy, healthy life is a sense of balance between your work and your relationships with your family and the people you care about.
http://youtu.be/H97Gug4Q230

Family Relationships
One of the important ways to establish and maintain a great relationship is the ability to forgive and forget the little things. We are all human so there can be many little things that occur. In reality though, true big issues or problems happen very rarely.
http://youtu.be/9i2ILck7UgI