Components of a Strong Family Unit
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What is the life cycle?
The Family Life Cycle

- Beginning stage
- Childbearing stage
- Parenting stage
- Launching stage
- Mid-years stage
- Aging stage
Family Structures

• Adoptive family
• Extended kinship
• Foster family
• Single parent
• Step-family
• Two-parent
What are some traits of a healthy family unit?
Traits of a Healthy Family

• Affirms and supports
• Communicates
• Listens
• Respects
• Trusts and forgives
Healthy Families

- Admit/seek help for problems
- Have a sense of humor
- Have family rituals and traditions
- Share responsibilities
- Teach right from wrong
Roles in Life
Roles in Life

Life gives us a lot to balance:

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

The responsibilities we assume and how we portray them individually and in the family

- Acquired roles
- Character roles
- Given roles
Character Roles

• Can be a true character trait or a myth
• Can be changed, but it requires communication and understanding by all parties
• Can put extra expectation on a person
• Can raise or lower one’s self-esteem
Meeting the Needs of the Family
Family Bonds

All families go through difficult and trying times. That’s why it’s so important to love and support each other at all times.
Family Traditions

• How does food transcend generations?
• How do family traditions strengthen the family unit?
• What are family traditions?
Meeting Needs Physically

Financially
• Do chores without allowance
• Restrain from asking for extra things
• Take a part-time job

Meeting Needs Physically
• Chores
• Cooking
• Helping around the house

Other
• Picking up the responsibilities wherever needed
Managing Your Money

How to Organize Tasks and Responsibilities

- Determine your needs and wants
- Establish your priorities
- Use a systematic process
- A decision-making process can help you make the best financial approach
- Become your own personal “accountant”
- Keep accurate and current records of money
Meeting Emotional Needs

- Give verbal support or praise
- Listen
- Offer a hug
Dinner Makes A Difference

(click on picture)
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. For example: Graduation, marriage, birth of a child or winning the lottery.
Influences on Family Dynamics

• Crisis in the family
• Dynamics of previous generations
• Family values
• Level and type of influence from extended family or others
• Nature of attachments
• Nature of the household “mix”
• Special needs or chronically sick child and/or adult
What are some traits of a dysfunctional family?
Traits of a Dysfunctional Family

• Communicates indirectly
• Doesn’t express feelings openly
• Doesn’t laugh or play together
• Has unrealistic expectations
• Says it’s NOT okay to talk about problems
A Dysfunctional Family

May also use **violence or abuse** to try to solve problems.
Violence and Abuse

Violence and abuse can include:

- **Emotional** – attacks on self-esteem, extreme pressure and neglect
- **Physical** – slapping, beating, torture and withholding food and water
- **Sexual** – forcing you to touch or do things with a body that you don’t like
- **Verbal** – yelling, cursing, sarcastic put-downs and verbal assaults
Violence

- **Physical**: pushing, hitting, slapping, punching or kicking

- **Property**: physically throwing things or punching doors or walls

- **Psychological**: threats, intimidation, controlling behavior, jealousy or verbal abuse
Resources Available During a Crisis

• Adult Protective and Child Protective Services Division of Texas
• Community resources
• Educators
• Family relationships
• Friends
• Legal system protections
Technology in the Home
Using Technology to Meet Needs

- Calling or texting
- Keeping the lines of communication open
- Sending an e-mail or e-card to let someone know that you are thinking of them
- Using the Internet to research sources of assistance
Improved Communication

- Blogging
- Cell phones
- E-mail
- Fax machines
- Instant messaging
- Internet
- Social networks
- Text messages
- Vehicles with Bluetooth
References and Resources

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

Textbook:

Websites:
- Bureau of Labor Statistics
  What Effects do Macroeconomic Conditions Have on Families’ Time Together?

- Forum on Child and Family Statistics
  The Federal Interagency Forum on Child and Family Statistics, or the Forum is a working group of federal agencies that collect, analyze, and report data on issues related to children and families. The Forum has partners from 22 federal agencies as well as partners in private research organizations.

- Maternal and Child Health
  The Federal Title V Maternal and Child Health program has provided a foundation for ensuring the health of the nation’s mothers, women, children and youth, including children and youth with special health care needs, and their families.
References and Resources

• Public Broadcasting Service (PBS)
  Website with links to television, articles and information on various curricular subjects of public interest.
  http://www.pbs.org or http://www.pbs.org/parents/cominghome/article-homecomings.html

• StoryBird
  StoryBird is a visual storytelling community and a global hub of readers, writers and artists of all ages.
  http://storybird.com/teachers/

• Texas State University
  Dysfunctional Family Patterns
  http://www.counseling.txstate.edu/resources/shoverview/bro/dysfunc.html

Video:

• Faces of America
  Episode: Family traditions and customs. Stephen Colbert talks about traditions and customs he’s kept alive in his own family over the generations.
  http://video.pbs.org/video/2247082872