SAFE kids HEALTHY kids HAPPY kids

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What Makes A Family Strong?

All families are unique. They have problems and good points. Research shows that *strong* families share these six common traits.

Strong families are committed to each other. They help each other succeed. They *value* each other.

Strong families say thank you. People need to be appreciated. Strong families look for the good in one another. They compliment each other and celebrate each other's success.

Strong families spend time together. They do activities together – *often*. They share experiences. Together, the strong family makes memories.

Strong families develop spiritually. They use their *faith family* for support.

Strong families deal well with conflict, stress and crisis. All families face conflict. *Strong families attack the problem, not each other.* They unite when problems arise.

Strong families have rhythm. They have routines, rituals and traditions. These give families direction. Rules and principles guide them. Strong families are open to change as their family needs change.

Look at your family. Is there room for improvement? Can these ideas help your family?

- Make time for each other. Schedule one-on-one time with kids and your spouse.
- Leave thank-you notes around the house.
- Tell your spouse and your kids **every day** that you love them.
- Have parties to celebrate birthdays, anniversaries or happy moments.
- Talk about your family history. Look at pictures.
- Learn how to deal with conflict without anger.
- Establish rituals and traditions to build lasting memories.

Call the Parent Help Line. We listen. We can find you help.
544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.

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