

Ways to Strengthen Your Family



Spend time with each other; do things together as a family.



Plan ahead with your family so things **will** happen and not **just** happen.



Establish a reasonable balance between outside activities, work schedules and your family.



Talk with each other and listen carefully to understand each other's viewpoint.



Show each family member consideration and appreciation, especially in everyday ways.



Respect each person – his or her ideas, thoughts, and feelings.



Develop pride in your family.



Resolve problems and conflicts in a constructive way.



Help each other and be willing to let others help you.



Contact and build ties with other families.



Take part in community affairs and use community services.



Develop a shared set of meanings, values, and goals. Talk about them frequently with your children.



Develop spiritual focus within your family.

Celebrate Your Stronger Family!

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