

Ways to Strengthen Your Family

- Y Spend time with each other; do things together as a family.
- Y Plan ahead with your family so things **will** happen and not **just** happen.
- Y Establish a reasonable balance between outside activities, work schedules and your family.
- Y Talk with each other and listen carefully to understand each other's viewpoint.
- Y Show each family member consideration and appreciation, especially in everyday ways.
- Y Respect each person – his or her ideas, thoughts, and feelings.
- Y Develop pride in your family.
- Y Resolve problems and conflicts in a constructive way.
- Y Help each other and be willing to let others help you.
- Y Contact and build ties with other families.
- Y Take part in community affairs and use community services.
- Y Develop a shared set of meanings, values, and goals. Talk about them frequently with your children.
- Y Develop spiritual focus within your family.

CELEBRATE YOUR STRONGER FAMILY!

Originally created by Michigan State University Extension - Huron County. For parenting programs and resources contact your local MSU Extension Office. Telephone number can be found in your local telephone book under County Government listings.

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