

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:

Johnson, L. (2010). *Strengthening family & self*. (6th ed.). Tinley Park, Illinois: The Goodheart-Willcox Company. Inc.

Websites:

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<http://www.advocatesforyouth.org/publications/1229?task=view>

American Psychological Association

Family and Relationships.

<http://www.apa.org/helpcenter/family/index.aspx>

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/9i2ILck7UqI>