

Skills for Living

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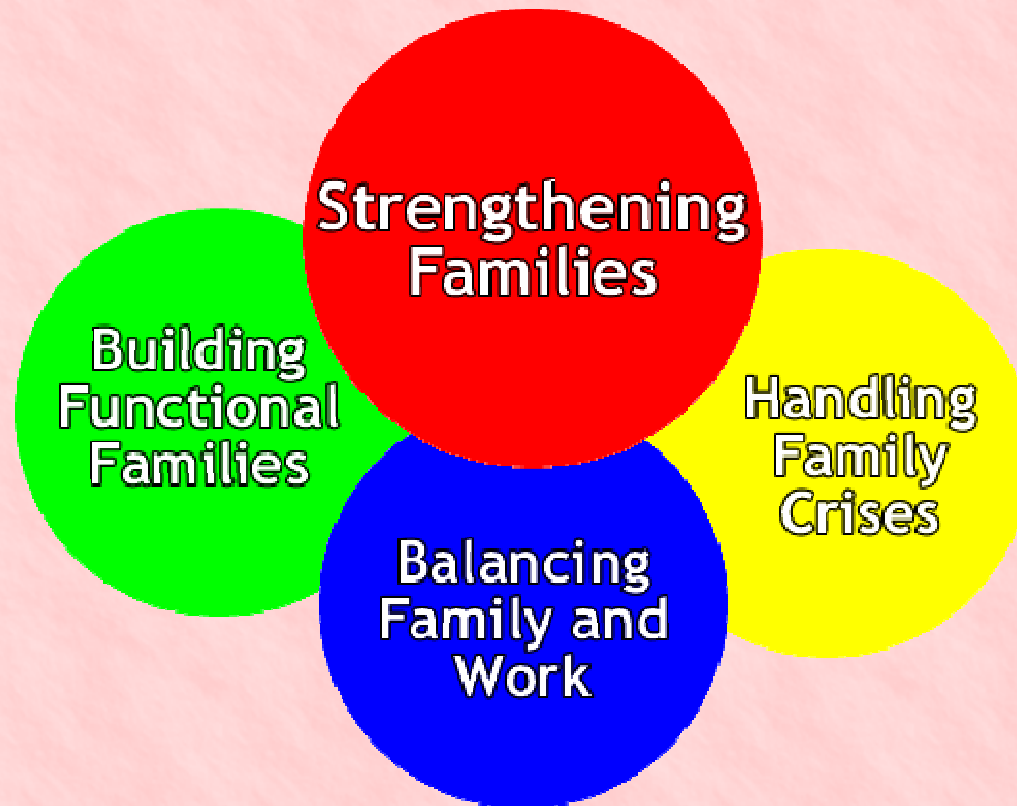


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Chapter 5

Strengthening Families

- In this chapter, you will learn



Topic 5-1

Building Functional Families

- In this topic, you will learn the challenges of keeping the family unit strong, as well as
 - ❖ **Making and keeping families strong**
 - ❖ **Fulfilling family rights and responsibilities**

Building Functional Families

Objectives for Topic 5-1

After studying this topic, you will be able to

- describe characteristics of functional families
- list techniques family members can use to build a functional family
- explain how functional families fulfill their family rights and responsibilities

Topic 5-1 Terms

- ❖ functional family
- ❖ dysfunctional family
- ❖ codependency

Making and Keeping Families Strong

- A *functional family* provides a positive environment that encourages its members to grow and reach their full potential



Communicate Effectively

- Talk about problems, needs, and feelings
- Respect others' opinions
- Set up regular family meetings
- Use e-mail and phone calls

Solve Problems

- Tackle problems together
- More people identify possible solutions



Get Help When Needed

- A *dysfunctional family* provides a negative environment that discourages growth and development
- *Codependency* is a pattern of unhealthy behaviors that is used by family members to cover up a problem

Spend Time Together

- Leisure time
- Family vacations
- Celebrations and traditions



Show Appreciation



- Offer your help
- Thank others
- Give compliments
- Create a special event

Show Respect



- Respect ideas and opinions
- Listen to everyone
- Respect likes and dislikes
- Respect privacy

Understand Each Other

- Be understanding during periods of change
- Make an extra effort to show respect and trust
- Be patient
- Control emotions

Did You Know...

- Most families go through stressful periods that affect functionality
- Healthy families will return to normal once the stressful circumstances have ended

Brainstorm

- Provide examples of the ways you can use these techniques to strengthen your family

Techniques	Examples
Communicate effectively	
Solve problems	
Get help when needed	
Spend time together	
Show appreciation	
Show respect	
Understand each other	

Fulfilling Family Rights and Responsibilities

- Functional families share
 - ❖ values and goals
 - ❖ responsibility for decisions
 - ❖ resources
 - ❖ a lasting commitment to one another

Sharing Values and Goals

- **Right:** to expect support and guidance when establishing values and goals
- **Responsibility:** to provide support and guidance for one another
 - ❖ Functional families share what is important to them both directly and indirectly
 - ❖ Parents directly teach children *morals*—a sense of what is right or wrong

Sharing Responsibilities for Decisions

- **Right:** to learn and practice decision making within the family unit
- **Responsibility:** to provide input for family decisions

Sharing Resources



- **Right:** to share in the resources contributed by others
- **Responsibility:** to contribute special resources you have to offer

Sharing a Lasting Commitment

- **Right:** to know that the family will always be there for its members
- **Responsibility:** to provide emotional support for family members

Summary for Topic 5-1

- Making and keeping the family strong and healthy is a challenge faced by all families
- Family members must work together to achieve the goal of being a functional family
- Family rights and responsibilities include sharing
 - ❖ values and goals
 - ❖ responsibility for decisions
 - ❖ resources
 - ❖ a lasting commitment