Building Healthy Family Relationships



Copyright

Copyright © **Texas Education Agency, 2014.** These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

- 1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts' and schools' educational use without obtaining permission from TEA.
- 2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.
- 3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.
- 4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are **not** Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located **outside the state of Texas** *MUST* obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.

What Does a Healthy Relationship Look Like?

How Do Families Build Healthy Relationships?



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

Show appreciation frequently

Be appreciative of invisible work

Behavior is contagious



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

- Families should encourage open discussion and good communication
- Open communication encourages families to share goals

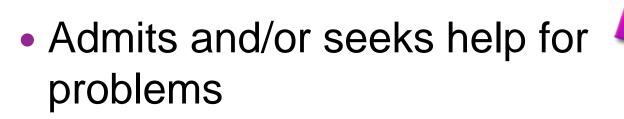


Traits of a Healthy Family

- Affirms and supports
- Communicates
- Listens
- Respects
- Trusts and forgives



Additional Traits to Consider





- 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?



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:

Advocates for Youth
Strengthening Family Relationships
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



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/9i2ILck7Uql