

Another Look at . . .

# Healthy Family Skills

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**P**eople are meant to be in relationship with others. Our family of origin is the first place we learn how to relate to people. What did you learn in your family? What do you want to teach your children?

Families come in all shapes and sizes; they are biological or they are chosen. Whoever it is that you call family, those relationships impact how well you function in the world. A strong sense of community within a family promotes healthy relationships outside of the family. When family connections are strong, family members feel secure, happy, and are able to go out into the larger world in a more effective way. Family members' emotional health suffers when family connections are broken, or family members are in frequent conflict with one another.

To see how your family is doing, call Far West Family Services and set up an appointment. Before coming in with your family, you may wish to check a few boxes on our "Family Skills Wish List." Your Far West family counselor can start with your wishes to help you create the kind of family environment you want to have in your home.

## Family Skills Wish List

Check the skill or skills your family would like to focus on, or come up with your own. Please bring this Wish List with you for your Family Skills Checkup.



## Skill #1- Celebrating The Family

The Family is a small world in itself. Recognition of this connectiveness can come through celebrations of:

- Rites of Passage
- Individuals' Achievements
- Holidays
- Common Heritage Ethnicity
- Cultural Activities

- Kinship
- Family Rituals
- Seasonal Events
- Service to Others
- Community Awareness

## Skill #2. Communicating Within The Family.

Cohesiveness among family members increases with skills of:

- Sensitivity
- Listening
- Decision-making
- Leadership
- Closeness
- Affirming
- Supporting
- Pride
- Expectations
- Honest
- Belonging
- Consequences



## Skill #3 - Positive Interactions Among Family Members.

Clarity of roles and direction are possible within the family when there is:

- Problem Resolution
- Modeling
- Trusting
- Respecting Privacy
- Connectedness
- Flexibility
- Instruction
- Relationship Boundaries
- Personal Boundaries
- Guidance
- Respectfulness
- Support in stress/crisis/loss/change



## Skill #4. Progress on Family Goals

When the home is a safe and predictable place it serves as a positive "launching pad" for each family member. Could your family use help setting goals?

- Time management
- Task management
- Organization of the home
- Financial planning
- Role achievement

## Skill #5. Family Fun

It's true! "Families that play together stay together." What could you do to create more family fun?

- Take trips and vacations together
- Share dreams and goals
- Laugh together
- Find humor in everyday activities
- Play games together
- Make household projects fun for everyone



