



TRAITS OF A HEALTHY FAMILY

1. Communicating – All family members talk and listen – the family emphasizes understanding and reconciliation.
2. Affirming and Supporting – Loving support is given. Family affirms all of its members and expresses affection.
3. Respect for Others – Respects individual differences, accepts each person for who they are.
4. Trusting – Family members respect confidences and promises. They build trust through communication.
5. Use of Family Time – Healthy families enjoy being together. They give each other time and attention. Family time is important. Family guards against getting over extended. They schedule family time if necessary.
6. Fostering Responsibility – Share responsibility is exhibited. Recognition comes with responsibility.
7. A sense of Right and Wrong – On important issues parents stick together. Standards are made clear to family members. Parents help children live morally, through enforced guidelines.
8. Enjoying Traditions – Passes on a sense of belonging from generation to another.
9. Shared Religious Faith – Faith in God plays foundational role. Faith is nurtured and religious education and observations are important.
10. Respecting Privacy – Understands that family members go through stages of needing to separate and become individuals. Can be flexible and negotiate rules.
11. Values Service to others – Families are caring, they reach out to others.
12. Getting Help – Families realize that problem situations occur as a normal part of family life. They seek professional assistance if necessary.

Communication, the first trait is primary and is a continual process. With the addition of each new member to the family, new skills must be learned.

The use of time seems to penetrate all the traits of the healthy family. Where we live, where we work, the demands of the school, church, jobs on the family all contribute to a shortage of time, and therefore can contribute to stress rather than health in the family.

Taken from "Traits of a Healthy Family" by Dolores Curran

In Summary: Healthy families:

Love and listen
Don't sweat the small stuff
Hang onto the big stuff
And have FUN!