



Ways To Strengthen Your Family

- Spend time with each other; do things together as a family.
- Plan ahead with your family so things **will** happen and not **just** happen.
- Establish a reasonable balance between outside activities, work schedules and your family.
- Talk with each other and listen carefully to understand each other's viewpoint.
- Show each family member consideration and appreciation, especially in everyday ways.
- Respect each person – his or her ideas, thoughts, and feelings.
- Develop pride in your family.
- Resolve problems and conflicts in a constructive way.
- Help each other and be willing to let others help you.
- Contact and build ties with other families.
- Take part in community affairs and use community services.
- Develop a shared set of meanings, values, and goals. Talk about them frequently with your children.
- Develop spiritual focus within your family.

Celebrate Your Stronger Family !

Originally created by Michigan State University Extension - Huron County. For parenting programs and resources contact your local MSU Extension Office. Telephone number can be found in your local telephone book under County Government listings.

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