



Family

Family Forms

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Family Life Cycle

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Building Strong Families



Family Forms

- Family Form or structure does not indicate how healthy the family is--It is solely the physical makeup of the family
- Many different families forms are beginning to emerge in the United States



Family Forms

- **Nuclear family**

- Both adults are the biological or adoptive parents of children.
- There are three types of nuclear families depending on employment status of the woman and man.
 - Man works — women stays at home
 - Woman works outside the home and the man cares for the children
 - Both the husband and the wife work outside the home or are income providers.



Family Forms

- **Single-parent families**

- This is currently the fastest growing family form in America.
- More than half of all children will spend some of their lives in a single-parent family.
- 88 % of these families are headed by women.

- **Blended/Step families**

- Generally created by divorce and remarriage rather than by the death of the mother or father
- 9,000 new step families are being created each week in this country



Family Forms

- **Joint/shared-custody families**
 - Children are legally raised by both parents who are not living together
- **Cross-generational family**
 - Two or more adults from different generations of a family, share a household
 - Aging parents living with adult child's family
 - Children being raised by their grandparents
 - Number of these families has increased by 40 percent in the past ten years



Family Forms

- **Cohabitation families**
 - Unmarried adults who are committed to a long-term relationship
 - May or may not include children
- **Voluntary child-free families**
 - Couples who choose not to have children
- **Involuntary child-free families**
 - Couples who are unable to have children



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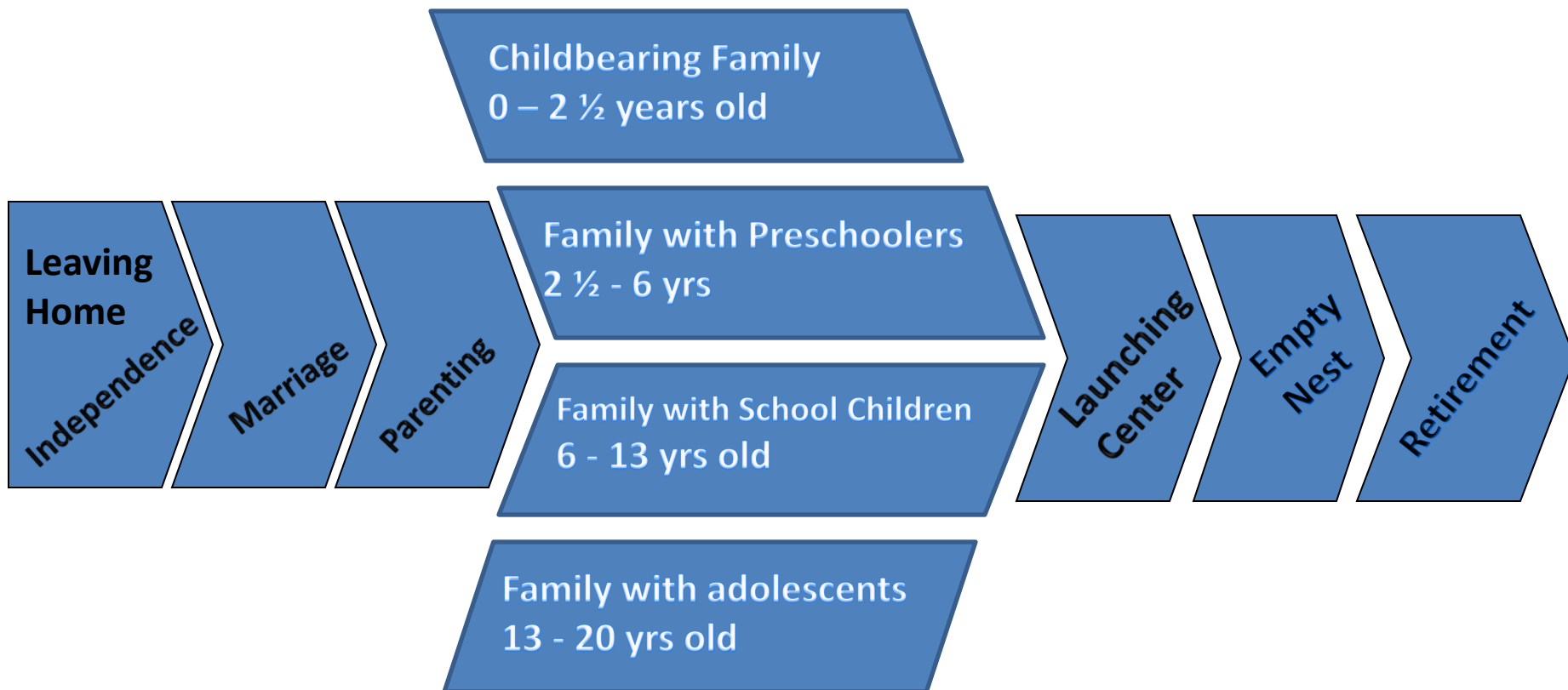
Building Strong Families



Family Life Cycle

STAGE 1: EARLY ADULTHOOD / CHILDREN

When the first child is born to the first family.
From the time the couple enters the home until the first child leaves.
The couple enters from employment





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Family Influence

- **What does a family influence?**
 - How well children do in school
 - How well they perform on the job as adults
 - How well they contribute to society in general
- Many problems of individuals and society are related to a dysfunctional family
 - Youth suicide, teen pregnancy, runaways, substance abuse, childhood and adolescent depression, child abuse and neglect, family violence, etc.



7 Keys to a Strong Family

1. Commitment & Responsibility

- Strong families value the family unit and each family member
 - Everyone supports and encourages one another
- Each family members has clear roles but are willing to change roles if necessary
- Family has established rules
 - Dating
 - Eating Together
 - Curfew
 - Driving
 - Laundry/Chores



7 Keys to a Strong Family

2. Good Communication

- Share what you think and feel and then listen to each other
- Develop good communication by . . .
 - Asking about each other's day
 - Being willing to share experiences
 - Listening and not jumping to conclusions



7 Keys to a Strong Family

3. Problem Solving/Decision Making

- Strong families will have arguments and problems—its how they are solved that determines the happiness in the family
 - Try to solve problems in a timely manner
 - The longer you are in an argument, the harder it is to get out
- Strong families solve problems and make decisions as a team not as individuals



7 Keys to a Strong Family

4. Consistent Values

- Strong families have a strong moral base with consistent values and spiritual beliefs
- Shared goals and ideas about what is important



7 Keys to a Strong Family

5. Support Network

- Strong families have ties to their relatives
 - Support one another in both in triumph and crisis
- They are also active in their community
 - Assist friends and neighbors—which in turn will give assistance when needed



7 Keys to a Strong Family

6. Appreciation

- Strong families care about each other and therefore do good things for one another.
 - Feeling worthwhile and valuable is one of the most basic of human needs
 - Everyone wants to know that what they are doing is appreciated
 - Don't just thank for the big things—Remember the little things also



7 Keys to Strong Families

7. Time Together

- Members spend plenty of time with each other
- When they are together, they really pay attention to each other.
- Peak experiences
 - Vacations
 - Camping
- Continuous experiences
 - Eating together
 - Working together



Time Together

- Traditions
 - Holiday Traditions
 - Weekly Traditions
 - Family outings or projects
 - Food Traditions