

# Families that work well

*There are many kinds of family and many ways of parenting. Whatever 'family' means to you it is the most important part of your child's life.*

Our family. The most important part of our kids' lives.

Our family, including our extended family, has a big influence on how well our kids are able to cope with the things they have to face in life. As they get older it is important for them to help out around the house.

Our family is our heart, beating for us as people, and it carries our culture on. This binds us together in everything we do, what we say, and what we understand.

A loving and caring family circle can help kids have a good feeling about themselves and a good regard for others. In an unhappy, fearful family, kids can often feel bad about themselves and couldn't care less about others.

We must make family time a special time and must keep in touch with our families and friends.

## What do families do?

We know that families:

- make time to yarn and listen to each other
- show feelings to each other (for example joy, excitement, anger and fear)
- listen! not only hear the words, but work out what kids are saying behind the words
- give encouragement and show enjoyment and appreciation
- let other family members know why they're special
- hug, kiss and reward each other when it is needed
- encourage the differences in each person
- take time to ask what others have done each day
- allow each other to be excited about their own personal interests
- let family members feel proud to be themselves and to be who they are
- believe and have trust in each other
- get together and celebrate special occasions
- support each other in times of grief and sorrow
- make time to be together.