

Building Better Family Relationships

Caring and commitment are the basis of strong family relationships. This means making the wellbeing of family members a first priority and offering support when needed.

The following suggestions may be useful reminders:

Tune in

- listen to what other family members have to say with interest and enthusiasm,
- celebrate birthdays and achievements, and
- taking the time to understand how other family members are feeling.

Have fun together

- spend time doing things you enjoy, and
- relax and play together.

Make time to talk

- take time to talk with children after school or before bedtime, and
- make time for adults to 'check in' with each other.

Appreciate differences

- value and respect each family member's unique needs, wants and talents, and
- avoid negative comparisons.

Share the load

- share the chores and make sure that everyone gets to have a say in the decisions that affect them.

Get support: family life has many challenges as well as rewards. Getting support when you need it (from extended family, friends, or professionals) is important for managing these challenges. Professional counselling is a particularly valuable strategy for helping many families who experience relationship problems.

