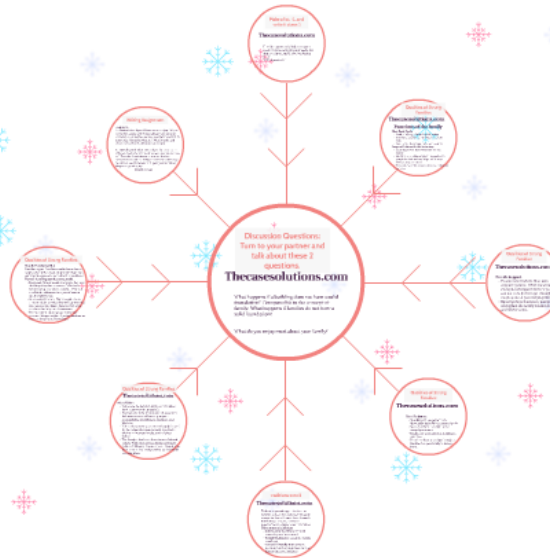



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**Discussion Questions:
Turn to your partner and
talk about these 2
questions.**

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What happens if a building does not have a solid foundation? Compare this to the concept of family. What happens if families do not have a solid foundation?

What do you enjoy most about your family?



**Make a list. (...and
write it down.)**

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How does your family help meet your needs? List not only physical needs, but also emotional, social, and intellectual needs.

(PIES throwback!)

Qualities of Strong Families

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Functions of the family

Meet Basic Needs

- Food, clothing, shelter, health, safety
- Emotional and social (to love, to care, to help)
- Intellectual (language, numbers, colors)

Prepare Children to Live in Society

- Learning how to live with others in the family
- Adults teach children what is important to people in their society. Ways of life vary from culture to culture.
- Through example, communication, religious training



Qualities of Strong Families

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Provide Support

- Parents need to have their own support systems. What are some examples of support systems parents can use to help them get through rough spots or just everyday life?
- By using these resources, parents can strengthen the family relationships and relieve stress.



Qualities of Strong Families

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Form Traditions

- Spending time together is the foundation to building a strong family
- Special activities and following everyday routines
- Traditions- a custom that is followed over time
- Friends will come and go through a lifetime, but your family is always there.



traditions cont'd

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Traditions provide opportunities for families to have fun and establish good memories that will carry them through tough times. Create a sense of togetherness & appreciation in families.

Three types of traditions

- **Celebration Traditions** (formed around special occasions)
- **Family Traditions** (vacations, family meetings)
- **Patterned Family Interactions** (centered on daily routines, such as dinner time and bedtime)

Qualities of Strong Families

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Share Values

- Values are the beliefs held by an individual, family, community, or society
- Feelings about the importance of acceptable behavior in terms of honesty, respect, responsibility, friendliness, kindness, and tolerance.
- Values that parents pass on are largely shaped by the values that were passed on to them, their own life experiences, and religious beliefs.
- The family is built on a foundation of shared values. With a strong foundation of shared values, children feel more at ease. People who learn trust in the family tend to see the world as a safe place.