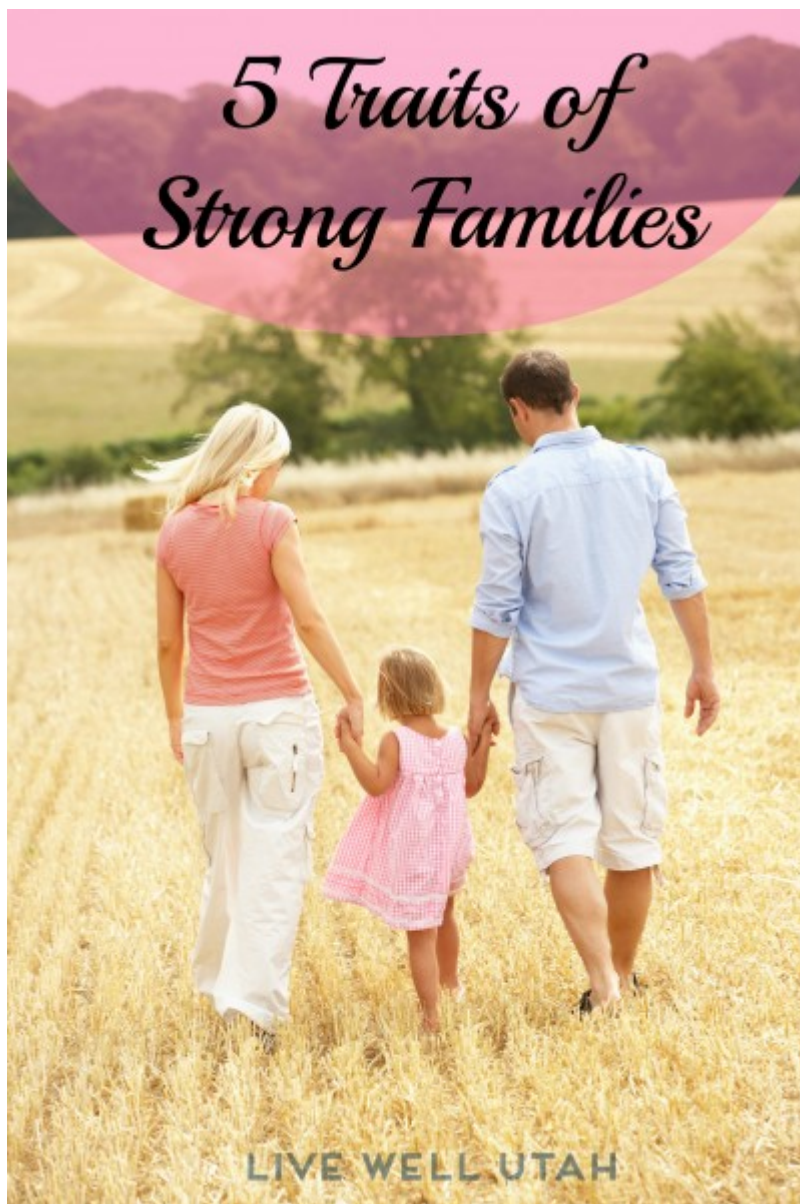


5 Traits that Make a Family Strong

Author – Kathleen Riggs

Have you ever looked at another family and wondered why they seem to have it all together? Have you wondered what their family has that yours doesn't? Every family has its issues, but all families can be strong. Let's take a look at five tips to help create and maintain strong families.



*** Caring and Appreciation.** A strong, healthy relationship is a worthwhile goal for everyone. Showing care and appreciation

for another family member helps adults develop their potential and it provides a model for children.

*** Time Together.** In some ways, time is like money—it seems like we never have enough of either one. However, the truth is, we tend to find the time or money for those things that are most important. How important is time with your family?

*** Encouragement.** All families face tough times occasionally. Healthy families have confidence that they will survive any crisis and come back even stronger.

*** Coping with Change.** All families develop habits, routines and a set of rules. These patterns help deal with day-to-day life and provide continuity and stability. In strong families, patterns remain flexible or adaptable enough to cope with crises or other changes. These may require changes in habits, rules, power structure, roles and division of labor or ways of performing family tasks and functions.

*** Clear Roles.** Members of strong families have a clear idea about their day-to-day roles and obligations to the family. Roles must be flexible and can be shared. For instance, it's okay for someone who usually cooks to take over fixing the car because of a need, or even boredom!

According to the experts, if you work on **one trait**, it will benefit another area (the spill-over effect).

Looking for more? I've included **four more traits** in an easy and downloadable PDF. Click over to read, save and also PIN this post to reference later! These traits were identified by researchers from the University of Missouri Extension Service. Details are in their training for families titled: Building Strong Families: Challenges and Choices.



Kathleen Riggs is the Utah State University Extension Family and Consumer Sciences professor for Iron County. She loves yard/garden work, where her favorite tasks are weeding and mowing the lawn. Her favorite appliance is the microwave oven, and her specialty is microwave caramels. She loves family time and occasions that bring everyone together from near or far.