



Create Family Ties

Families who spend time together as a cohesive unit are more likely to survive a crisis, such as an illness or job loss than those with poor coping skills.

According to the CDC, good communication between parents and children is important for developing positive relationships.

- Teach active listening skills. Pay attention to what others say. Ask questions if you don't understand what your spouse or children are trying to tell you.
- Hold regular family meetings to present complaints and set mutual goals and plans.
- Celebrate birthdays, holidays and other special occasions together.
- Learn the value of compromise.
- Be flexible. This is especially important if one parent returns to work or if one wage earner loses his or her job.
- Allow for individual strengths and interests. Don't compare brothers and sisters. Allow family members to have "their own space."