

# 5 Ways to Build a Stronger Family

*At Live Happy, we've found that when it comes to your family's wellbeing, the size, structure and even wealth don't matter. Rather, it's when you focus on strengthening relationships—inside and outside your home—that your family is strongest.*

*Check out these five tips for fostering a positive, resilient family:*



## 1 Nurture your relationships.

Have positive and open lines of communication. Make sure everyone is being heard and is comfortable sharing within the unit. Showing affection and encouraging each other also increase that positive energy.

## Establish routines.

Being dependable builds trust and lets family members know what to expect from each other every day. Have family meals as often as possible. Share activities and traditions, allowing everyone to become involved, and creating a sense of togetherness.

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**Maintain expectations.**

Set clear, but fair, boundaries that everyone should follow. Have open discussions about sensitive and tough subjects. Set an example for younger family members to model.

**Adapt to challenges.**

Schedules fill up and unexpected things happen, but it's important to teach your family how to adapt to those changes and solve problems in a fair, democratic way.

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**Connect to your community.**

Communities thrive when people are connected and supported. Participate in programs in your community, teaching your family the benefit of helping others as well as adding meaning to your lives. Talk about the places in your community that are important to you and your family.

*Families who share common strengths are more satisfied, take better care of their health and are more actively engaged in their communities.*

**TABLE TALK**

*The next time your family sits down for dinner, try these conversation starters:*

1. What qualities do we value the most about each other in this family? What qualities can we work on to make us even better?
2. What are some ways we can make sure that we make more time to spend together?
3. What challenges have we overcome that have made our family stronger?
4. What can we do as a family to make sure everyone feels connected and is contributing?
5. What are some ways we can contribute to our community to make it a better place for everyone?

