

What are family values

Introduction

What exactly makes up a strong family that possesses good family values?

A strong family is one that sustains its members — that supports and nourishes the members throughout the span of that family .

A strong family unit creates a safe, positive and supportive place for all members to thrive. They are able to utilize resources and to live together in a fairly healthy manner.

The adults in a strong family set the tone. They are good role models that lead by example. They reach out to friends and community and teach their children the importance of doing the same -- and that becomes part of who the children are. They work together to solve problems, and they pass their skills on to the next generation. Some important elements of a strong family system are Individuality, Integrity, Skills and Competences, Knowledge, Compassion, Family, Optimism, Cohesion, Flexibility, and Communication.

Value N° 10

Communication- Ever hear the saying, “What we have here is a failure to communicate?” A lack of communication can rip a family apart and destroy them. Things that facilitate communication are the things mentioned so far -- family closeness, flexibility, time spent together, spirituality. All members must feel a freedom within the group to express themselves freely.

Another very important factor is the relationship between the “head” couple. In a family that is parented by a happily married couple, people are able to express themselves more freely. What they might say isn't filtered through the problems of the “guardians.” A happy marriage seems to set the tone in the house. It spills over from the family to the community and a healthy family will be reaching out to help others. They do not tend to isolate themselves from the rest of the world.

A very important thing for families to teach their children is how to make good decisions. If they have watched their parents making well thought out decisions over the years, they will tend to be good decision makers themselves.

A healthy, happy family benefits our whole society. Among the children of strong families there is less crime, less divorce and less emotional problems. They tend to go on and have strong, healthy families of their own, having learned from their folk's example.