

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° 5

Compassion

All of us have needed help at some time in our lives. As well, our success always comes with the help of others. So we freely give our time, talents and resources to those who are in need without reservation or expectation. We patiently seek to understand the needs of others, and offer our assistance whenever we can without waiting for someone else to help.