



Survival Skills

for Healthy Families

FAMILY WORKBOOK



FAMILY WELLNESS
ASSOCIATES

MAP FOR HEALTHY FAMILIES

TWO JOBS OF EVERY PERSON

1. Be Somebody
2. Belong

RELATIONSHIP STYLES

1. Above
2. Below
3. Beside

THREE PATTERNS IN HEALTHY FAMILIES

1. Room to Be Close and Apart
2. Adults in Charge
3. Expect Change

TAKE CARE OF YOURSELF

1. Healthy Self Equals Healthy Actions
2. Learn to Handle Life's Roadblocks
3. Get Outside Help When Needed

THREE SKILLS

1. Speak Up
2. Listen
3. Cooperate

PARENTS AS LEADERS

MAKE RULES

1. Rules are values in action.
2. Rules hold the family together.
3. Make rules for what you want.
4. Make the rules specific
5. Choose rewards and consequences you are willing to enforce.
6. Include your child in making rules when appropriate.
7. Make sure your child understands each rule.

STICK TOGETHER

1. Speak up for what you want.
2. Listen to the other adult's point of view.
3. Find common ground.
4. Decide together.
5. Support your joint decision.
6. Single Parents—talk with an adult you trust about your decisions.

STAY IN CHARGE

1. Tell your child exactly what actions you want:
 - Show your child how to do what you expect.
 - Use few words.
 - Check for understanding.
 - Remind your child of the rewards and consequences.
2. Support your child:
 - Hands on—
Praise steps forward.
Help as needed.
 - Hands off—
Give time for your child to act.
Ignore grumbling and arguments.
3. Act:
 - Acknowledge success.
 - If necessary, give consequences.
Be businesslike.
No humiliation or hitting.
4. Get outside help if what you do is not working.



PARENTS AS MODELS

PLAN TIME WITH YOUR CHILDREN

1. Children learn by watching and imitating.
2. Show your love through actions and words.
3. Include your children in family life.
4. Establish routines and rituals.
5. Take time alone with each child.
6. Play and have fun with your children.



ENCOURAGE YOUR CHILDREN

1. Praise effort and identify success.
2. Tell your children what you appreciate about each of them. Be specific.
3. Encourage your children to make choices and plans.
4. Teach your children how to deal with difficult situations and disappointments.



LISTEN TO YOUR CHILDREN

1. Focus your full attention on your child.
2. Think before you react:
 - Listening does not mean agreement.
 - It is about the child.
 - Do not take it personally.
3. Act:
 - Repeat what your child says.
 - Name the feelings you notice in your child.
 - Match your child's energy.
4. Listen until you get the entire message.
5. Take time out for yourself if you are reacting instead of listening.
6. Save questions and teaching for later.



TALK TOGETHER WITH YOUR CHILDREN

1. Encourage your children to talk with you.
2. Speak from your heart.
3. Involve your children in decision-making.
4. Have family meetings.



CHILDREN IN HEALTHY FAMILIES

BE SOMEBODY

GET GOOD AT THINGS

1. It helps you feel and be successful.
2. Choose something to get good at.
3. Plan time to work on it.
4. Ask for help when you need it.

LEARN SURVIVAL SKILLS

1. Stop.
2. Cool off.
3. Think about what you want.
4. Speak Up and say what you want.
5. Listen:
 - Be quiet first.
 - Say what you hear.
6. Cooperate:
 - Take turns talking and listening.
 - Find common ground.
 - Offer solutions you can both live with.
 - Choose a solution.
 - Make a plan and do it.

BELONG

BRING GOOD THINGS HOME

1. Everyone has something to contribute.
2. This is your family too.

FOLLOW RULES

1. In your community:
 - Sports
 - School
 - Safety
 - Friends
 - Health
2. In your family:
 - You help your family be healthy by following the rules.
 - If you do what your parents tell you, you have a better chance that they will listen to you.
 - Your turn to be boss will come later.

TALK OVER RULES

1. Pick a good time.
2. Remember that parents have the final say.
3. Say what you want.
4. Stick to one subject.
5. Avoid blaming.
6. Listen to your parents' point of view.
7. Repeat your parents' point of view.
8. Offer trades and compromises.
9. Thank your parents for listening to you.

ADULT RELATIONSHIPS IN HEALTHY FAMILIES

BE A TEAM COMMIT

1. Become a healthy person.
2. Become a healthy partner.
3. Show your commitment in words and actions.
 - Be more your teammate's partner and less your parents' child.
 - Redefine your role as an adult with your parents.
 - Handle the "pulls" and challenges to your team.



CONNECT

1. Take time and space to be together.
2. Show love daily.
3. Balance your power so both people win.
4. Single parents must have a close friend.
5. Adults in stepfamilies have to work harder to develop their team.

BUILD YOUR TEAM KNOW WHAT YOU WANT

1. A team is as strong as its individual members.
2. Routinely take time to identify your personal goals, interests, friendships, and dreams.
3. Know what you want for yourself.
4. Know what you want with your partner.
5. Picture what will happen if you get what you want.



SAY WHAT YOU WANT

1. Choose a good time to talk.
2. Say what you want
 - Stick to one subject.
 - Be specific.
 - Make statements.
3. Avoid:
 - Saying what you don't want.
 - Criticizing.
 - Bringing up unpleasant history.
 - Asking a lot of questions.

AS CHILDREN GROW: CHANGE IN HEALTHY FAMILIES

RULES FOR CHANGE

1. Expect change.
2. Stress is the signal that change is needed.
3. Expect to feel resistance to change.
4. Take one step at a time.
5. Use outside help when needed.

FAMILY STAGES

Couples

1. Commit yourself to living cooperatively.
2. Take time and space to be a couple.
3. Be less your parents' child and more your partner's spouse.
4. Encourage your parents to include your partner.

Family With Young Children

1. Make room for a child in the family.
2. Take on parenting and leadership roles.
3. Take the lead with your parents in defining their role as grandparents.
4. Save some time for being a couple.

Family with Adolescents

1. Parents need to work more cooperatively.
2. Make room for your teen to operate in and out of the family.
3. Gradually share more decision making with your teen.
4. Couple also focuses on themselves, careers, marriage, and aging parents.

Family with Adult Children

1. Grown children become more involved away from family than within it.
2. Adult relationships develop between parents and grown children.
3. Partners renew their commitment to self and one another.

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RULES FOR USING OUTSIDE HELP

1. Use your relatives as resources when possible.
2. Involve yourself in friendships and support networks.
3. Ask friends and relatives to connect you with resources.
4. Relate to resource people as equals.

SPECIAL FAMILY STAGES

Divorced Co-Parents

1. Spousal agreement ends, co-parenting remains.
2. Child stays connected with each parent.
3. Each parent is in charge of his or her own household.
4. Keep your child free from adult conflict.

Single Parent With No Co-Parent

1. Stay in charge.
2. Have at least one close friend.
3. Create and maintain a support network (trusted family, friends, consultants).
4. Use adult household members as advisors or helpers, not as co-parents.

Stepfamilies

1. Parent commits to new partnership.
2. Divorced parents have co-parenting agreement.
3. Child has access to both parents, to stepparents, and to grandparents.
4. Allow several years for the new family to fully form.
5. Biological parents take the lead with their children.
6. The new couple must remain the strongest link.

SOLVING FAMILY PROBLEMS

KNOW WHEN YOU ARE IN HARD TIMES

1. Having a problem you don't know how to solve creates stress.
2. Stress is the signal that something new is needed.
3. Use healthy stress management methods that work for you.

WORK TOGETHER

ASK FOR HELP

1. If you could solve the problem alone, you would have.
2. Tell family members or a good friend.
3. Encourage and expect family members with problems to speak up.

TALK IT OVER

1. It helps you think more clearly.
2. Think out clearly what you want.
3. Say what you want for yourself.
4. Listen to the other person's response.
5. Acknowledge all feelings, thoughts, and fears.

CLARIFY THE RESULT YOU WANT

1. Include everyone who is needed to solve the problem.
2. Expect resistance from yourself and others.
3. Reach agreement on one problem on which you will focus and solve.
4. State the results you want when the problem is solved.
5. Set aside 45-60 minutes to complete your problem solving.

SOLVE THE PROBLEM

MAKE A PLAN

1. State the problem.
2. Write the result you want.
3. List all possible solutions to get the result.
4. Review the list of solutions together.
5. Have everyone choose two solutions they are willing to carry out.
6. Decide together on the solution(s) to implement.

CARRY OUT THE PLAN

1. Decide:
 - What tasks need to be done?
 - Who will handle each task?
 - When will each task be done?
2. Meet to reevaluate.
3. Get outside help if the problem continues.



VALUES: PREPARING YOUR CHILD FOR LIFE

KNOW YOUR OWN VALUES

1. Parents are the primary influence on family values.
2. Think about and decide what values you believe are important.
3. Talk them over with your partner.
4. Put your values into action: What you do has a bigger influence than what you say.
5. Children gradually develop their own values.
6. Children are ready to develop judgment between 8 and 12 years old.
7. Parents are still the most significant influence during this time.

MAKE RULES THAT SUPPORT YOUR VALUES

1. Adults set the final rules for the family.
2. Remember to gradually include children in making family rules.
3. Expect your rules to change as your children grow.
4. Learn to manage group pressures.

STATE YOUR VALUES

1. Have family talks about important topics (education, respect, sex, substances, etc.).
2. Children need to hear your voice; so many others are talking to them.
3. Conversations lead to clearer thinking.
4. Point out situations that give messages counter to yours.
5. Respect your own privacy.
6. Determine how much privacy to allow your child.
7. Use creative opportunities.

GET OUTSIDE HELP IF YOU NEED IT

1. Recognize your limits in discussing certain issues.
2. Choose other sources to provide information and models: relatives, school, friends, faith community, etc.