

10 Healthy Family Relationships Guidelines

“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”

Buddha



How Healthy is Your Family?

Check the box for each factor currently practiced in your family.

- 1. Adults remain clean and sober to create a safe, healthy and smoke free environment.
- 2. Adults take responsibility for providing for the physical, financial and emotional needs of their growing children.
- 3. The adults' role model healthy eating habits, consistent sleep schedules and organized time management skills.
- 4. The family regularly makes time to talk, relax, recreate and enjoy each other.
- 5. Family members express anger without yelling, verbal abuse, threats or violence of any kind.
- 6. Healthy families consistently use discipline for the purpose of:
 - * Learning age appropriate rules and social interaction.
 - * Overseeing safety. (Adults supervise closely to prohibit underage substance abuse and crime.)
 - * Validating consistent, logical consequences.
 - * Enforcing intelligent decision-making, self-discipline and responsibility.
- 7. Family members share information in an age appropriate manner.
- 8. Parents demonstrate a spirit of cooperation as a team.
- 9. Family members treat each other with dignity and respect.
- 10. Adults mentor youth into becoming capable, responsible and independent.



Scoring: Each unchecked box represents areas for improvement. Discuss options at your next family meeting. Establish new house rules to promote a healthy family culture. Post this list on the fridge as a reminder. Refer to it often.

* Local communities offer resources to help build healthier family cultures. Use the internet, your local library, community center or educational office to obtain additional help with recreational facilities, parenting classes, childcare resources, financial assistance, stress management classes, support groups, substance abuse programs and domestic violence shelters.