



10 KEYS TO A STRONG FAMILY

"Our family comes first."

Strong families sacrifice to support one another. Family comes first.

"We belong together...and apart."

The family stands behind each member, allowing everyone to be themselves.

"We are a democracy."

Parents are the leaders, but differences are resolved through respect and compromise.

"We treat each other well."

Positive strokes are important, and people are appreciated. Kindness is valued.

"We roll with the punches."

The family is adaptable. They don't sweat the small stuff.

"We pay attention."

Strong families are good listeners. Understanding what others mean is important.

"We cherish family time."

The family insists on time together.

"We want to improve the world."

The family believes that "what goes around, comes around." They help others.

"We have faith."

Their lives have purpose. They have a religious belief."

Dr. Joyce Brothers