



FAMILY WELLNESS

A Healthy Family

A healthy and resilient family can support the well-being of each member of the family unit. What makes a family healthy and resilient? Many parents ask themselves this question, but there is no simple answer. However, several characteristics are generally identified with a healthy, resilient family.

- Support
- Love and caring for other family members Providing security and a sense of belonging
- Open communication
- Making each person within the family feel important, valued and respected

In addition to this, promoting well-being among your family unit includes the practice of healthy sleep habits, balanced nutrition, plenty of physical activity, and routine preventive care.

Evaluating Wellbeing

How do you evaluate if these practices are truly working? Here are some other qualities to consider when evaluating the well-being of your family.

- Is there ample humor and fun within your family, despite the very real demands of daily life?
- Does your family have rules that have been clearly stated and are evenly applied, yet are flexible and respond to new situations and changes in the family?
- Are the family's expectations of each person reasonable, realistic, mutually agreed upon and generally fulfilled?
- Do family members achieve most of their individual goals, and are their personal needs being met?
- Do parents and children have genuine respect for one another, demonstrating love, caring, trust, and concern, even when there are disagreements?
- Is your family able to mature and change without everyone getting upset or unhappy?
- Does your family have a media use plan that considers every member of the family?
- Does your family's lifestyle support the physical and mental health and well-being of all members?