

SIMPLE CONNECTIONS stronger families

A sense of togetherness builds family resiliency.



Having a sense of togetherness means your family has close relationships, everyone feels they belong, you work as a team and know you can rely on one another. These things all keep your family strong and help you get through the tough times, bringing you closer than ever before.

You can increase your family's sense of togetherness by making a commitment to the following:

Make and practice rituals and routines. Routines can happen during every day events like mealtimes and bedtimes. Rituals can be spiritual, celebratory or traditions. Both routines and rituals establish a family's identity and place in the world. They provide stability and lower anxiety when times are tough because they provide a sense of normalcy.

Spend time together. It's important for families to share experiences and quality time together. Quality time is interactive rather than passive, like watching television. One great way to share quality time is to have regular meal times in the home where everyone participates in some way. Making time to spend together as a family might require cutting back on other activities. Leave some time in your schedule to just relax together or use household chores, errands or commute time to connect.

Get along. This may be easier said than done but it's important for family members to have positive feelings towards their family members. Help your family get along by participating in activities you all enjoy. Celebrate each other's successes and support each other's failures.

Strike a balance. A family is strengthened by its togetherness but that shouldn't come at a cost to each person's need for independence. A healthy family balances connectedness with separateness. It respects that each person has different emotions, thoughts and opinions and processes experiences differently.

For tips on building your family's sense of togetherness to make your family stronger, check out the Simple Connections, Stronger Families resources on yllumyhome.com



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Take a few minutes to explore the simple ideas and check off the things that your family is already doing; add your own ideas or make a list of things you would like to do.

Celebrate (✓) the simple things you already do to build resiliency:

- Eat together as a family whenever you can.
- Play a game together instead of watching a movie.
- Take turns planning a weekend family activity.
- Learn about your family's culture and traditions and practice them often.
- Daily rituals like bedtime stories are comforting.
- Take time to relax together.

Our family ideas: Simple things we do:

- _____
- _____
- _____

Simple things we plan to do:

- _____
- _____
- _____

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