



# Family Futures

Results that last a lifetime.

## Five Ways to Strengthen Families

1. **Be strong and flexible.** Life has a lot of stresses, and occasionally, adversity hits. When parents are strong and able to bounce back, their family will be able to better deal with the stresses. Program staff can help parents with the encouragement, examples and resources they need to be resilient.
2. **Parents need friends.** You just can't go it alone. With trusted friends at your side, you have a support system to meet your practical and emotional needs. You can brainstorm about problems together, give and receive back-up child care and help meet unexpected needs like transportation.
3. **Being a great parent is part natural and part learned.** You love your child and want what's best for them. Some things you already know just from your natural instincts as a parent. But some of it needs to come from your education as a parent. Learning about parenting and child development gives you realistic expectations for your child and teaches you how to deal with challenging behavior.
4. **We all need help sometimes.** If you know where to go when you need help, your family is more likely to stay strong and healthy. Whether it's a sudden crisis like loss of employment or an ongoing issue like depression, being able to ask for and receive help is important. Your child's well-being depends on it.
5. **Parents need to help their children communicate.** Parenting can be difficult, especially when children are acting out. But when children can communicate their feelings appropriately and interact positively with their families and with other adults and children, parenting becomes less stressful.