

# What Every Family Wants for 2016

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(Luke 6::31 “Do unto others as you would have them do unto you.” KJV. )

The start of every year is always a great time to reflect and set goals for the next 12 months. Family is a great source of support when it comes to embarking on new journeys. Striving this year for a ‘healthier family’ would make all the difference to creating stronger family bonds. No one family is presumed to embody all the traits of a perfect family. Indeed, there is no such thing as the perfect family. However, individuals can identify some of the traits of a “healthy family” already present, and become aware of the areas in which they can strengthen their own families.

Resolving to be kinder to each other as a family can do a great deal for not only improving family relations but also improving your mood for dealing with people outside of your household as well. Using magic words like ‘please’ and ‘thank you’ really does go a long way. Picking your words wisely will most likely help avoid unnecessary misunderstandings.

With the help of this warm, practical article on “[Traits of a Healthy Family, Healthy Relationships 101](#)” (see web-site below) your family can be one that...

- Communicates and listens
- Affirms and supports one another
- Teaches respect for others
- Develops a sense of trust
- Exhibits a sense of shared responsibility
- Teaches a sense of right and wrong
- Values service to others
- Fosters family table time and conversation
- Shares leisure time
- Admits to and seeks help for problems.

For a complete description of these and more traits visit this web site:

<http://www.healthyrelationships101.com/traits-of-a-healthy-family.html>

Health of the family is always on top of the list of new years’ resolutions for most people and is almost always the first one we throw the towel on. Making it a collective family mission will most likely make it more achievable.

Thank you.

God bless you.