

# Presentation Outline

**Class:** Family Support

**Curriculum:** Family Team Building

**Time Frame:** 1hr. and 30 min.

**Facilitator:** Lauren Davis

**INTRODUCTION:** In a healthy family, each member contributes to the overall well-being of the family unit. Parents provide leadership and direction. But children's ideas for meals, outings, decorating their rooms, etc. must be a valued part of a team effort to build a meaningful and fulfilling family life.

**MAJOR PROBLEMS:** Here are three basic issues that keep families from working together effectively.

- **Personal agendas**
  1. The "I just don't have the time" syndrome.
  2. Placing individual goals above overall family goals.
  3. Placing more importance on friends than family.
- **Poor communication skills**
  1. The "generation gap" syndrome - parents and children not speaking "the same language".
  2. Not listening to one another carefully.
  3. Attitude problems.
- **Unclear family goals**
  1. No family gatherings
  2. Family cliques
  3. Unresolved disputes

## **SOLUTIONS:**

- **Put family first -** Charity begins at home. Since healthy families equal healthy neighborhoods and communities, each family member must first honor the overall unit above friends, neighbors and co-workers in becoming a productive member of the larger society.
- **Open lines of communication -** We must recognize that strong family bonds are maintained by effective communication. In order to work effectively as a team, we must make a genuine effort to communicate across generational lines, and begin to listen with care to each family member's ideas and concerns.
- **Set clear goals -** Any successful family must have a definite set of priorities. Each family member must know and agree on what is most important to the well-being of the overall unit, so that each person understands what contribution they must make as an effective team member.

## **INTERACTION:**

- Handout worksheet on "Family Team Building"
- Have each family member respond to the various ideas
- Open the floor for discussion

**CONCLUSION:** In order to function successfully as a family, we must value the contribution of each individual member - both parents and children alike. We must finally overcome the "generation gap" and come together as one; to build mutual trust, and strong and lasting family bonds that will establish security and stability for now and generations to come.

