

IS OUR FAMILY HEALTHY ?

Listen below in order of priority are the fifteen traits chosen by 500 family practitioners as traits most commonly found in families they considered healthy.

THE HEALTHY FAMILY : -

1. - communicates and listens to all the members of the family. (give time to each other.)
2. - affirms and supports ; avoids the 'put-down' remarks.
3. - teaches respect for others and their things.
4. - develops a sense of trust.
5. - has a sense of play and humour.
6. - shares responsibility adapted to age .
7. - teaches morality ; what is right and wrong.
8. - has a strong sense of family ; keeps contact + has family traditions.
9. - has a balance of interaction between members of family.
- 10.- has a shared religious core. Religion is important and is lived in daily life.
11. - respects the privacy of one another.
12. - values service to community / helping others.
13. - fosters family table time and conversation.
14. - shares leisure time.
15. - admits to problems and seeks help.

Discuss the above traits as you evaluate them in your own family . Then list them below number one being your strongest and fifteen your weakest ?

1. _____	9. _____
2. _____	10. _____
3. _____	11. _____
4. _____	12. _____
5. _____	13. _____
6. _____	14. _____
7. _____	15. _____
8. _____	

These are taken from -"Traits of a Healthy Family" -a book by Professor Dolores Curran .