

The Top 10 Ways for Parents to Keep a Close Family

1. *Develop and maintain rituals in your family.*

Whether it's family dinners together or taking walks at certain times together, makes sure that the family has regular contact.

2. *The parents must maintain a close relationship.*

One of the best ways to guarantee that your family is close is to make sure your relationship is solid. This is how kids learn how to do close relationships!

3. *Limit the TV watching in your household.*

TV is watched during dinner at least occasionally by over half of the families in the world. This does not make families feel more connected. There are a lot of other things that your family could be doing with the time spent in front of the tube.

4. *Develop a community around your family.*

It could be time spent with grandparents, other relatives, or even like-minded friends, but spending time with a community of people will show your kids how important it is to reach out to others.

5. *Develop the rule of being kind more than being right.*

We all have a strong need to be right, but it is easier to have a close family when you're committed to kindness.

6. *Use positive discipline techniques.*

Punishment doesn't work very well and only serves to distance you from your kids. Keep encouraging your kids and they'll have little reason to misbehave.

7. *Have high expectations for your kids to stay close to the family.*

When you show your kids that you expect them to be in a close family and your actions back this up, they'll understand what it means.

8. *Develop alternatives to mass media culture.*

TV, video games, and computers don't foster closeness in families. Provide choices that are healthier for families: sports, picnics, majlis, arts, board games, etc.

9. *Have a regular family meeting.*

A regularly scheduled meeting can allow families to acknowledge each other, plan for the week, and solve problems. This is a wonderful way to keep the family in touch when schedules are busy.

10. *Don't try to keep up with the Jones'.*

Because everyone else is scheduled up to their eyeballs, doesn't mean that you have to do it with your family, too. Set some limits around the schedules so that you can have enough family time.

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Faith

The source of Faith is God. The companion of Faith is hope.

The channel of Faith is prayer.

The partner of Faith is action.

The evidence of Faith is obedience.

The beauty of Faith is miracle.

The result of Faith is change. The

reward of Faith is growth. The

expression of Faith is service.

The path of Faith is joy.