1  Strengthening Family Interactions
Chapter 15

2  The Family as a System

15:1

3  
- The _____________ is a system because all family members interact with one another. In a family system, every _____________ has an effect on every other family member.

4  Family Systems are Complex
- The more people in the family the more __________________ the family system
- Family relationships tend to have their own distinct patterns of _____________

5  Rights and Responsibilities
- Satisfying _____________ needs
- Promoting _____________ support
- Speaking and being _____________
- Supporting and _____________

6  Balancing Roles
- Families balance their family system by defining each member's _____________.
- Members should have _____________ that match their skills and abilities.

7  Adjust to Changes Inside and Outside the Family
- The _____________ for family roles may change as the needs of family members change. Adjusting to these changes help keep the family system balanced.
- Sometimes changes inside or outside the family affect a member's ability to carry out _____________ roles. Also, family members may not fulfill their roles or carry out their responsibilities.

8  The Family Cycle
15:2

9  
- The family life cycle is composed of _____________ stages that extend from marriage to the death of a _____________

10  The Newly Married Stage
- Starts when a couple _________________.
- During this stage, a _________________ take on new roles of husband and wife

11  The Early Parenthood Stage
- Pregnancy and the birth of the first child mark the early
The ______________ stage

❖ This adjustment can be a __________________________
❖ In many families, __________________ children are born during this early parenting stage
❖ During the early years of parenting, the family __________________________ often seems stretched to the limit

12 Later Parenthood Stage
❖ When children reach __________________________
❖ Begins to appear more adult like than child like
❖ Parents lets go of some responsibilities, and __________________ takes on more responsibilities
❖ ____________________ occur when the teen and parent disagree on the level of responsibilities

13 The Empty Nest Stage
❖ When the __________________________ child is independent and living on his or her own
❖ Roles change not only with parent child relationship but also with their __________________________ parents
❖ May need help physical and financial

14 Retirement Stage
❖ Couples enter __________________________ stage after one or both spouses retire from their career

15 Death of a Spouse
❖ The death of one partner ______________ the family life cycle
❖ Returns to __________________________ living
❖ Dealing emotionally with the loss of a partner
❖ Personal ________________________ may change

16 Patterns of Interaction of Families
15:3

❖ As the needs of family members change, ________________________ and roles change.

18 Developing Family Communication Skills
❖ Open, honest __________________________ among family members is key to developing close relationships.
❖ They use active listening skills

19 Developing a Sense of Trust
❖ A sense of __________________________ within the family helps keep communication lines open
❖ __________________________ grows in the family when members have proven themselves to be trustworthy. They have shown genuine concern for one another and respect for member’s privacy.
Making Family Decisions
- _________________ Decision making – decisions that can be make by all the members together and make offer suggestions for alternatives and even take part in gathering information. They jointly select the best choice and help you carry out the plan of action.

Selective Decision Making
- Sometimes it is best not to involve the _______________ family in making decision just certain members

Sharing Decision-Making Responsibilities
- All members of the family provides information, ideas, feelings and different points of view, but one person will take ________________ for what is decided

Dealing with Conflict in the Family
- Who Owns the Problem?
  - Using Active Listening
    - Encouraging each other to work through personal problems is the best way to help family members grow. This take ________________ listening skills. Is also requires giving feedback.

Dealing with Conflict in the Family
- Problems with ________________
  - Not taking ownership of a problem and ________________ others instead. It can make members of the family feel unloved and unaccepted by the family
  - ________________
  - Learning to Compromise

Preventing Family Violence and Abuse
- ________________ is any physical act intended to harm another person
- ________________ is the threat to cause physical harm to a person
- ________________ is the use of force resulting in physical contact with a person that the individual did not permit

Child Abuse
- ________________ is any physical or mental threat or injury to a child under the age of 18. Often the abuse is part of a cycle. People who were abused as children often become the ________________ themselves.

Child Abuse
- ________________ abuse is the intentional hurting of a person’s body, causing physical injury
- ________________ – form of physical abuse in which brain damage is caused by a fast and forceful shaking of an infant
- ________________ abuse includes actions by a parent or caregiver that interfere with a child’s development and damage self-esteem.
  ________________ abuse occurs when parents constantly make demands that a child cannot be met
28 **Child Abuse**
- _____________ abuse includes any sexual contact or interaction by an adult with a child or teenager
- _____________ is failing to give a child proper shelter, clothes, food, medical care, supervision, love and affection. Neglect can be either physical or emotional.
- All forms of abuse have _____________ effects on children.

29 **Signs of Child Abuse**
- _____________ bruises, welts. Burns, fractures, joint injuries, cuts, or scrapes that repeatedly occur
- Child who _________________ in development
- Who is _________________ and aggressive or extremely compliant child who does everything without any response
- A child who is dependent, withdrawn and portrays a poor _________________

30 **Sources of Help**
- Crisis-care centers
- Shelters
- _____________ homes
- _____________ care
- Independent living

31 **Families at Risk**
- _____________ childhood
- Immaturity
- Poor _____________ skills
- Poverty, job loss and _____________ problems
- Substance _____________

32 **Breaking the Cycle**
- A more effective _____________ to violence and abuse in the family is to strengthen the family unit. Good communication, decision-making, and conflict-resolution _____________ help break the cycle of violence from one generation to the next

33 **Family Leisure**
- Spending _____________ together
- The Importance of Sharing
  - Families need time to _____________ so family relationships will grow
- Time for _____________
  - Family fun times build family relationships. Memories of good times spent together draw the family closer

34 **Time for Meaningful Family Routines**
- Family _____________ are small events that are repeated on a regular basis. Meaningful routines strengthen the family and provide opportunities for sharing and showing affection.
- Regular events in the family add _____________ to the family environment
Traditions in the Family

- Family ____________ are established patterns of behaviors or customs handed down through generations.
- Family traditions can help members develop common ________________.
- Family traditions can also build a sense of family ________________.
- Family traditions are a source of strength and ________________ for the family at all stages of the family life. Meaningful traditions bring family member together, strengthening the bonds that exist.