



**I R E N E**

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Family Learning to Address Domestic Violence

Workshop #1: Positive Relationships & Quality Time

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# 01

## BUILDING FAMILY RELATIONSHIPS

In this unit, you will learn:

- Factors that can impact relationships
- Ways to strengthen relationships
- To assess your own relationships

## INTRODUCTION

Caring and commitment are the basis of strong family relationships.

To build a strong family relationship, start by identifying the strengths you do have and appreciating them.



# FACTORS THAT CAN IMPACT FAMILY BONDING



## PROVIDING CARE AT HOME

Some families have the additional pressure for providing care for one member. This can cause strain on the family members who get little time to themselves, and to children who may feel neglected.



## DIFFERENT VALUES

A difference in personal values can cause strain in the family home and impact the way family members interact. These different values can mesh well with the family unit, but they don't always blend.



## PERSONALITY CLASH

Sometimes it can be difficult to get along with someone who has a very different personality to you. This is very common in families with teenage children who are just learning to express themselves.

# SIMPLE WAYS TO STRENGTHEN FAMILY RELATIONSHIPS



**GOOD COMMUNICATION**



**ACTIVE LISTENING**



**QUALITY TIME**



**FAMILY RITUALS**



**APPRECIATE DIFFERENCES**



**SHARE THE LOAD**

# ACTIVITY #1

## BONDING AND BOUNDARIES

- This is a reflective activity.
- Take some time to complete the checklist provided.
  - ✓ Tick the activities that you already do.
  - Circle what you would like to work on.
- This checklist allows you to make a plan for building your family relationships. Start out small.



# 02

## QUALITY TIME

In this unit, you will learn:

- The importance of quality time
- Benefits of quality time
- How to plan for quality time



# THE IMPORTANCE OF QUALITY TIME

Quality time is not just time spent as a family, but also time spent individually with children.

This is time spent solely on having fun and enjoying each other's company.

**This helps to build strong  
family bonds**

## IDEAS

Here are some cheap but great family bonding ideas:

- Cooking meals together
- Film nights
- Game nights
- Picnics
- Going on a walk



# QUALITY TIME BENEFITS

## INCREASED CLOSENESS

Spending more time with your loved ones during fun and enjoyable times can bring your family very close

## LOWERS RISK OF BEHAVIOUR PROBLEMS

Child who spend more time with their family have shown less risk of behaviour problems

## BOOSTS

## SELF-CONFIDENCE

Parents can teach children to build self-esteem through specific skills such as problem solving and communication

## REDUCES STRESS

Those with strong family healthy relationships tend to seek out healthier coping mechanisms for stress

## ENHANCES

## PHYSICAL HEALTH

Participating in outdoor activities or eating home-cooked meals have been known to enhance physical health

## LENGTHENS

## LIFE EXPECTANCY

Healthy relationships can increase your lifespan up to 50%

# ACTIVITY #2

## FOUR FAMILY FUN

- Sometimes families can get bogged down by stress and contention.
- For the next 20 minutes, discuss as a group and come up with 10 different activities that you can do with your family in each category.



**FUN THAT'S FREE**



**FUN OUTSIDE**



**FUN INDOORS**



**FUN THAT COSTS**

# 03

## FAMILY TRADITIONS

In this unit, you will learn:

- What are family traditions?
- The importance of traditions
- How to plan family traditions

# RITUALS

A family tradition is an activity or pattern of behaviour that reflects a family's values, interests, or beliefs.

Traditions provide a healthy understanding of self from a young age, which children can continue to build on as they grow up.

They help strengthen family bonds, and help family members trust each other.

# FAMILY RITUALS



## SENSE OF IDENTITY

These traditions help children feel like they belong and give family members a sense of family identity.



## STRENGTHEN FAMILY BONDS

Established rituals help family members trust each other, and provide a set time for families to interact and build a solid foundation



## BUILDS CHARACTER

Traditions offer security and a sense of comfort, and teach strong values. It helps shape children's thoughts and behaviours.

# ACTIVITY #3

## OUR FAMILY TRADITIONS

- This is a self-reflective activity.
- For the next 20 minutes, spend some time to write down your current family traditions, and some family traditions you will introduce in future.
- For the final 5 minutes, you will be asked to share one family tradition that you currently do, or will do in the future.



# SUMMARY

Building positive family relationships does not need to be difficult. By building upon existing traditions, we can strengthen these relationships by spending more quality time with one another.

Encouraging and creating quality time opportunities and building family traditions are a great first step to building a strong positive family relationship!



# IRENE

Family Learning to Address Domestic Violence

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