KEEPING MY FAMILY SAFE AND HAPPY

Below are some bonding, and boundary strategies.

* Tick the ones you already do
* Circle the ones you’d like to work on

Remember! Nobody else will see this sheet so answer as honestly as possible.

Make a plan and start out small! In the future, you can add new ones as the old ones become a habit!

* I tell my children I love them and make a point to look for and compliment the good in each family member.
* I avoid harsh criticism.
* I spend 10-15 minutes of one-on-one “My Time” with each child almost every day.
* We eat a meal together as a family at least three times a week, and make our time together pleasant.
* We hold a weekly family meeting.
* We spend time together as a family laughing and doing fun things.
* I talk often to my children about their dreams and goals, ask if they are happy, and ask how I can be supportive.
* We have positive family customs and traditions.
* We try to go to as many activities as a family as possible. 
* We have clear, firm family rules that are fair and consistently enforced.
* We encourage and support school work; and we have set times for the children to do homework.
* We divide our household chores among family members.
* I encourage my children to participate in activities that promote a positive sense of self.
* I help my children develop skills in goal-setting, communication, decision-making, and conflict resolution.

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