Strengthen Family Bonds

Being part of a family can be fun, and a great source of support. It can also be a challenge. Keeping your family bonds strong may help you overcome the challenges and get the support you need.

Respect goes a long way

- Pay attention to what's going on.
 - Does another family member seem stressed? Think about what you could do to help.
 - Stay involved by phone, mail, or email if you live away from home.
- Offer to help without being asked. Offer to:
 - Clean the house, do yard work, or help with a younger family member.
 - Go grocery shopping with your parent. Help put the food away.
- Be respectful of your family members' feelings.
 - Don't tease anyone about how they look, about making mistakes, or other sensitive issues.
 - Don't hurt anyone else on purpose.
 - Apologize if you do hurt someone, even if you didn't mean to.
- Respect shared space and belongings.
 - Ask before using something that is not yours.
 - Pick up after yourself.
- Respect family rules—even when you live away from home and are visiting.

Support goes both ways

- Continue to ask for the support you need to meet your healthy lifestyle goals.
- Recognize that your family is trying to help you when they limit RED foods in the home.
- Don't forget to show your support. Find out what others are doing with their time and encourage them.
- Reach out to your extended family. Give them support and respect as well. Thank them when they give you help.

Additional resources

 Family Teamwork: LC 17
Use Effective Communication Skills: Magnetic Memo 17

Suggested activity

Write down activities your family likes to do together. Try to include some GREEN activities that promote teamwork. Make a plan to spend time together to strengthen your bonds.

My notes

ODAY

LIFESTYLE PROGRAM



YOUTH CONTINUED CONTACT TIP SHEET # 22

Strengthen Family Bonds

Today Lifestyle Program

Especially for the Family Support Person

How can I help him get along better with other family members?

- Identify problem areas. Do family members disagree when doing physical activity together? When watching television? Using the computer?
- Help them talk things out.
- ▶ Help them problem-solve when they need to.
- ▶ Hold all family members accountable for their actions.
- Coach, encourage, and praise them regularly.
- ▶ Talk about how they could help each other in positive ways. Make suggestions.

What else could I do?

- Be a role model. Make sure you are doing what you encourage them to do.
- Pay attention to how family members treat each other. How could they be more supportive?
- Make sure no one brings RED foods into the house. Not even a parent should do this. If someone does, you may need to take a stand. Go over the reasons.
 - It is hard to make healthy choices when RED food is right there.
 - Keeping RED foods out of the house is healthier for everyone.
- Ask other family members to help.
 - Talk to them about how they could help him.
 - Ask them to include GREEN foods and GREEN physical activities when planning family gatherings.
 - Talk to them about managing weight and diabetes.
 - ▶ Tell them about lifestyle changes involving eating and activity.
 - Thank them for their help.
- Stay in touch if he lives away from home. Encourage him to do the same.

Additional resources

Family Teamwork: LC 17

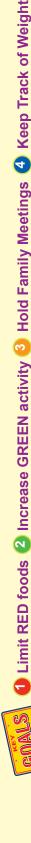
Skills: Magnetic Memo 17

Use Effective Communication

Suggested activity

Talk to your family about ways each one of them could help to strengthen family bonds. Praise their efforts.

My notes



FSP CONTINUED CONTACT TIP SHEET # 22