

# Strengthen Family Bonds



**B**eing 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

1 Limit RED foods 2 Increase GREEN activity 3 Hold Family Meetings 4 Keep Track of Weight



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*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
- ▶ Use Effective Communication Skills: Magnetic Memo 17

### Suggested activity

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

### My notes

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