

## 2021 A New Beginning

#### Promote Family Harmony



by Beverly Weathington Healthier Urban Families Program Wayne State University, Merrill Palmer Skillman Institute



## Reflect on your Family Harmony

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How is your family getting along with all of this Covid togetherness?

- Low motivation
- Less focus on enjoyment
- Strain of social distancing
- Stress of virtual learning

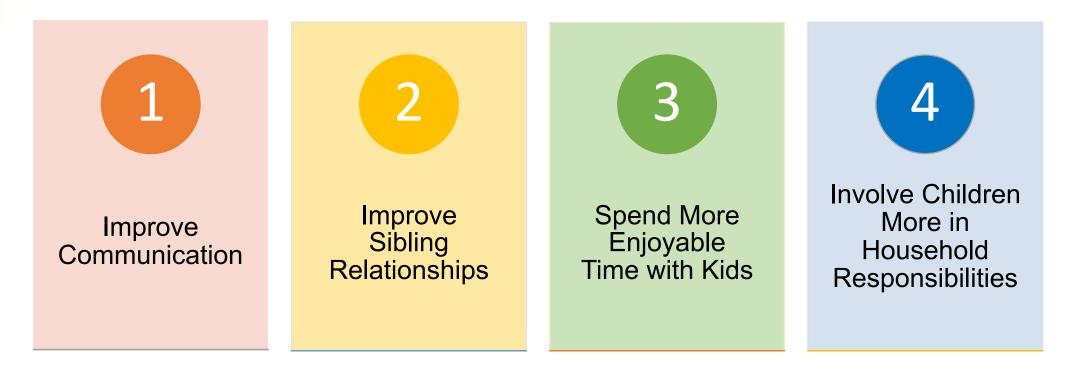


# **RECHARGE** We've had quite a year and it's time to:

Ň	Appreciate	Explore	Examine	Act	
	Appreciate the fact that we are together as a family	Explore what has been made complicated by social distancing	Examine and work on strained or stressful family relationships	Find ways to have fun and enjoy family time	



## Family Focused Resolutions







- Listen to understand, rather than to talk
- Model appropriate ways to discuss angry, hurt and upsetting feelings
- Never shame a child for feeling hurt or upset
- Remember that it is just as important for boys to communicate well as girls





#### Family Communication Moments

- Practice really listening when your child talks
- Have dinner together and take turns picking topic of discussion
- Have phone and media free communication during meals
- Take turns interviewing each other about your day



#### Improving Sibling Relationships Tips



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- Don't focus too much on who started it but rather on how can we fix it
- Avoid forced apologies and making up
- Understand that sometimes children have reason to be mad, its ok
- Help children to understand their siblings
  perspective
- Don't put all responsibility on the older child
- Be a good role model for resolving conflict



#### **Opportunities for Improving Sibling Relationships**



- Look for patterns and time of day when disagreements peak
- Let children try to resolve their conflict
- If you must intervene, let them work at coming up with a solution
- Suggest separate activities during times when there is household stress



Spending More Enjoyable Time With Your Child: Baby It's Cold Outside

#### **Resist the urge to hibernate**

- Outside is a change of scenery
- Outside is a safer space to be with social distancing
- We all need physical activity and exercise
- Outdoors is a good source of Vitamin D
- Outdoors when dressed properly can be so much family fun:
  - Snowmen
  - Snow forts and igloos
  - Sledding







#### Talk about why everyone's Talk effort is important Responsibility for Household: Offer to help or break task down Offer if child is struggling Rotate All Hands Rotate tasks on Deck Set up reminders in kid's Set up phones and tablets GIVE **GIVE INCENTIVES: Praise, Extra** time doing a fun activity



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