



DEVELOPING A STRONG FAMILY LIFE & EMPOWERING PARENTS

Family Symposium

LifelongFaith Associates

www.LifelongFaith.com www.FamiliesAtTheCenter.com

#7. Developing a Strong Family Life

Family faith formation strengthens *family life* by developing the assets/strengths and skills for healthy family life and providing a supportive context for forming faith, living the Christian faith, and promoting positive development in children and youth.

- Developing family assets or strengths
- Promoting character strengths in young people through developmental relationships.

#7. Developing a Strong Family Life

Family Assets – Search Institute



#7. Developing a Strong Family Life

ParentFurther Strengthen Relationships — Prepare for the Future — Understand Ages & Stages —

Great Relationships Don't Just Happen.

Strengthen Yours Here.

- Express Care
- Share Power
- Prevent Alcohol and Tobacco Use
- Spark Kids' Motivation

Coming Soon
The Keep Connected Program
Building Relationships to Help Your Child Thrive Through Adolescence

Use ParentFurther to partner with families during the transition to middle school by offering this six-session program in your school, organization, or community. [Learn More.](#)

#7. Developing a Strong Family Life

- Parent Program (*Keep Connected*)
- Family Programming
 1. Communicating effectively
 2. Establishing family routines: family meals, shared activities, daily commitments
 3. Celebrating meaningful traditions and rituals
 4. Discussing tough topics
 5. Making decisions and solving problems as a family
 6. Learning how to build strong relationships and express care for each other
 7. Developing the strengths & potential of children & youth
 8. Supporting each other: encouraging and praising, giving feedback, standing up for each other
 9. Treating each with respect and dignity



#8. Empowering Parents & Grandparents

Twin Tasks

1. Promoting the faith growth of parents
2. Developing the faith forming skills of parents

Content

1. Theological and spiritual formation of parents
2. Skills for parenting for faith growth
3. Knowledge and skills for parenting

#8. Empowering Parents & Grandparents

Guides for Developing Parent Programming

4. Address the levels of partnership with parents.
 - Aware
 - Involved
 - Engaged
 - Invested
5. Design programs that engage parents in the learning experience.
6. Use a variety of environments & methods to engage all parents.
7. Use online platforms and digitally enabled strategies.

#8. Empowering Parents & Grandparents

Ideas for Parent Programming

1. Parent website
2. Parent programs—a progression of workshops, webinars, and/or courses for each stage of the lifecycle
3. Laboratory experiences—immersion/hands-on experiences through church events or family/intergenerational programs
4. Parent mentors
5. Lifecycle support groups for parents
6. A parent catechumenate—around key milestone experiences and “moments of return”

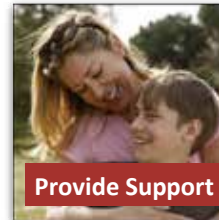
Elements of Developmental Relationships



Express Care



Challenge Growth



Provide Support



Share Power



Expand Possibilities

Elements of Developmental Relationships



Express Care

**“Show me
that I matter
to you.”**

Specific actions

- Be dependable
- Listen
- Believe in me
- Be warm
- Encourage

Elements of Developmental Relationships

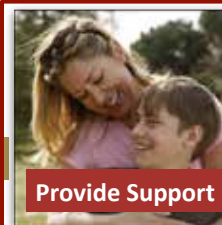


“Push me to keep getting better”

Specific actions

- Expect my best
- Stretch
- Hold me accountable
- Reflect on failures

Elements of Developmental Relationships



Specific actions

- Navigate
- Empower
- Advocate
- Set boundaries

“Help me complete tasks and achieve goals.”

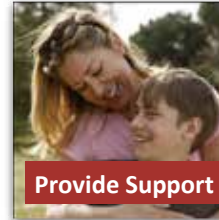
Elements of Developmental Relationships



Express Care



Challenge Growth



Provide Support



Share Power

“Treat me with respect and give me a say.”

Specific actions

- Respect me
- Include me
- Collaborate
- Let me lead

Elements of Developmental Relationships



Express Care



Challenge Growth

Specific actions

- Inspire
- Broaden horizons
- Connect



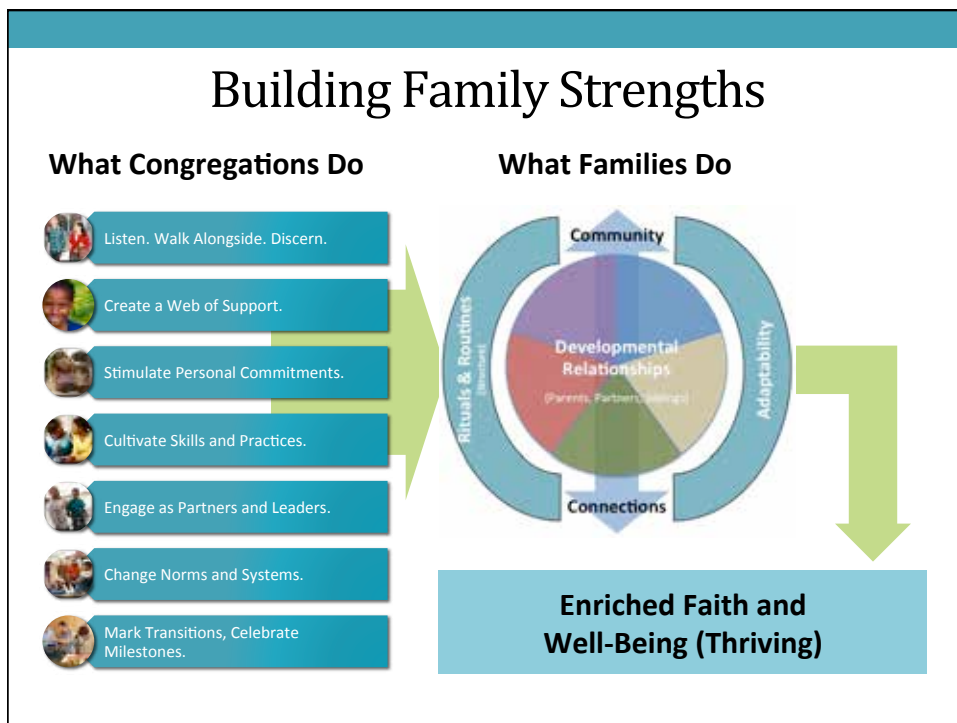
Share Power



Expand Possibilities

“Connect me with people and places that enlarge my world.”

Express Care: Show that you like me and want the best for me.	
<ul style="list-style-type: none"> • Listen—Pay attention when you are with me. • Be Warm—Let me know that you like being with me and express positive feelings toward me. • Invest—Commit time and energy to doing things for and with me. 	<ul style="list-style-type: none"> • Show Interest—Make it a priority to understand who I am and what I care about. • Be Dependable—Be someone I can count on and trust.
Challenge Growth: Insist that I try to continuously improve.	
<ul style="list-style-type: none"> • Inspire—Help me see future possibilities for myself. • Expect—Make it clear that you want me to live up to my potential. 	<ul style="list-style-type: none"> • Stretch—Recognize my thoughts and abilities while also pushing me to strengthen them. • Limit—Hold me accountable for appropriate boundaries and rules.
Provide Support: Help me complete tasks and achieve goals.	
<ul style="list-style-type: none"> • Encourage—Praise my efforts and achievements. • Guide—Provide practical assistance and feedback to help me learn. 	<ul style="list-style-type: none"> • Model—Be an example I can learn from and admire. • Advocate—Stand up for me when I need it.
Share Power: Hear my voice and let me share in making decisions.	
<ul style="list-style-type: none"> • Respect—Take me seriously and treat me fairly. • Negotiate—Give me a voice in making decisions that affect me. 	<ul style="list-style-type: none"> • Respond—Understand and adjust to my needs, interests, and abilities. • Collaborate—Work with me to accomplish goals and solve problems.
Expand Possibility: Expand my horizons and connect me to opportunities.	
<ul style="list-style-type: none"> • Explore—Expose me to new ideas, experiences, and places. • Connect—Introduce me to people who can help me grow. 	<ul style="list-style-type: none"> • Navigate—Help me work through barriers that could stop me from achieving my goals.
<small>Copyright © 2015 Search Institute, Minneapolis, MN. www.search-institute.org. May be reproduced for nonprofit, educational use.</small>	



7 Strategies to Partner with Families to Tap their Strengths



Listen. Walk Alongside. Discern.



Create a Web of Support.



Stimulate Personal Commitments.



Cultivate Skills and Practices.



Engage as Partners and Leaders.



Change Norms and Systems.



Mark Transitions, Celebrate Milestones.

Within and beyond the congregation

Within and across ages and stages



Listen. Walk Alongside. Discern.



Create a Web of Support.



Stimulate Personal Commitments.



Cultivate Skills, Practices, Habits.



Engage as Partners and Leaders.



Change Norms and Systems.



Mark Transitions, Celebrate Milestones.

- Listen to Their Hopes, Fears, Strengths, Challenges

- What Are You Called to Do?

How?

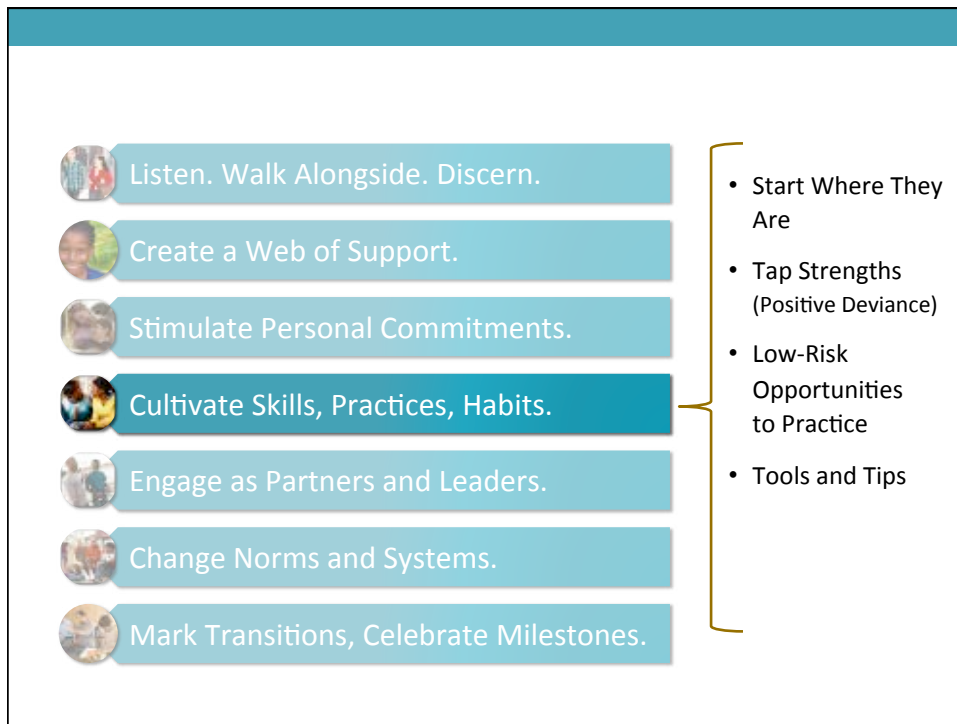
- Conversations

- “Embed”

- Partner

- Surveys, focus groups





ParentFurther
a Search Institute resource for families

About Parent Further Register or Log In

ParentFurther
Strengthen Relationships Prepare for the Future Understand Ages & Stages

Great Relationships Don't Just Happen.

Strengthen Yours Here.
Four ways to strengthen your relationship with your child and prepare for the future.

- Express Care
- Share Power
- Prevent Alcohol and Tobacco Use
- Spark Kids' Motivation

ParentFurther
a Search Institute resource for families

THINK ABOUT IT

ParentFurther
Strengthen Relationships Prepare for the Future Understand Ages & Stages

Quiz: Share Power

This 15-question quiz explores how you do and don't share power in your relationship with your child. Sharing power is more than who makes what decision. It focuses on the ways everyone has a say and each person influences the other.

As you complete the quiz, focus on your experiences in the past two weeks. If you have more than one child, think about one of them while you're taking the quiz. You might then repeat it for your other child or children.

Collaborate SECTION 1

1. How often do you work with your child to do the following?

ParentFurther
a Search Institute resource for families

THINK ABOUT IT

LEARN ABOUT IT

ParentFurther | Strengthen Relationships | Prepare for the Future | Understand Ages & Stages

Quiz: Share Power

Challenge Growth: Learn About It

Challenge Growth

Quiz: Challenging Growth

Learn About It

- Why Challenging Growth is Important
- Getting the Balance Right
- How Challenging Growth Works
- How Do U.S. Families Challenge Growth?

Talk About It

Try It

Take It Further

What Does It Mean to Challenge Growth?

As humans, we naturally take risks and compete with each other. We also like to be physically and mentally stimulated. It's how we have survived. In other words, "challenging ourselves and each other is a part of human nature."

Parenting relationships also challenge our kids to grow, learn, and improve. We hold them accountable and guide them in positive directions. We do this by setting appropriate boundaries, rules, and limits. Often, our kids also challenge us.

Challenging growth involves these four actions:

- **Inspire**—Help me see future possibilities for myself
- **Expect**—Make it clear that you want me to live up to my potential

A Parent's Perspective

Being willing to kind of push them beyond what they even believe they can do. That's kind of how we operate in our house.

From a Parent's and Child's View: *growing with parents* (2013)

ParentFurther
a Search Institute resource for families

THINK ABOUT IT

LEARN ABOUT IT

TALK ABOUT IT

ParentFurther | Strengthen Relationships | Prepare for the Future | Understand Ages & Stages

Quiz: Share Power

Challenge Growth: Learn About It

Expand Possibilities: Talk About It

Expand Possibilities

Quiz: Expand Possibilities

Learn About It

Talk About It

Try It

Take It Further

What Worlds Can You Open Up?

It can be exciting and stimulating for family members to help each other expand their horizons and explore new possibilities. Talk together about how people have opened up possibilities for you—and other horizons you'd love to explore together.

Discussion Starters with Your Kids

1. What is one thing you really enjoy, such as music, ideas, food that

A Young Person's Perspective

Relationships are important to me because there are different people out there, different points of view. They live different lives, and they

ParentFurther
a Search Institute resource for families

THINK ABOUT IT

LEARN ABOUT IT

TALK ABOUT IT

TRY IT

ParentFurther
Strengthen Relationships · Prepare for the Future · Understand Ages & Stages

Quiz: Share Power

Challenge Growth: Learn About It

Expand Possibilities: Talk About It

Challenge Growth: Try It

Challenge Growth

Quiz: Challenging Growth

Learn About It

Talk About It

Try It

Inspiration that Motivates
What Do We (Really) Expect Of Each Other?

Practical Ways to Challenge Growth

Relationships are stronger when family members challenge each other to learn and grow. Experiencing this challenge in your family is a particularly important part of growing up well, but the value of being challenged to learn and grow continues throughout our lives. Through these activities, your family can explore the ways you inspire, expect, and stretch each other to press toward goals that matter for you.

Listen. Walk Alongside. Discern.

Create a Web of Support.

Stimulate Personal Commitments.

Cultivate Skills, Practices, Habits.

Engage as Partners and Leaders.

Change Norms and Systems.

Mark Transitions, Celebrate Milestones.

Why?

- Enhance Growth
- High Trust
- Capacity

How?

- Informal
- Advisory
- Peer Leaders
- Apprentice
- Tap Gifts



A diagram with a teal header bar. On the left, seven horizontal bars with circular icons on the left and text on the right are stacked vertically. The bars are light teal, except for the fifth one, 'Change Norms and Systems.', which is a darker teal. A large curly bracket on the right side groups these seven bars under the heading 'Internal'. To the right of the bracket is a bulleted list of five items.

- Listen. Walk Alongside. Discern.
- Create a Web of Support.
- Stimulate Personal Commitments.
- Cultivate Skills, Practices, Habits.
- Engage as Partners and Leaders.
- Change Norms and Systems.**
- Mark Transitions, Celebrate Milestones.

Internal

- Does what we do reinforce strengths across diverse families?
- Culture: Inclusion, Bias
- Policies Reflect Family Strengths
- Welcoming Schedule, Communication, Opportunities, Members



A diagram with a teal header bar. On the left, seven horizontal bars with circular icons on the left and text on the right are stacked vertically. The bars are light teal, except for the fifth one, 'Change Norms and Systems.', which is a darker teal. A large curly bracket on the right side groups these seven bars under the heading 'External'. To the right of the bracket is a bulleted list of three items.

- Listen. Walk Alongside. Discern.
- Create a Web of Support.
- Stimulate Personal Commitments.
- Cultivate Skills, Practices, Habits.
- Engage as Partners and Leaders.
- Change Norms and Systems.**
- Mark Transitions, Celebrate Milestones.

External

- Opportunities & Supports
- Advocacy with and for Families
- Partnerships

Listen. Walk Alongside. Discern.

Create a Web of Support.

Stimulate Personal Commitments.

Cultivate Skills, Practices, Habits.

Engage as Partners and Leaders.

Change Norms and Systems.

Mark Transitions, Celebrate Milestones.

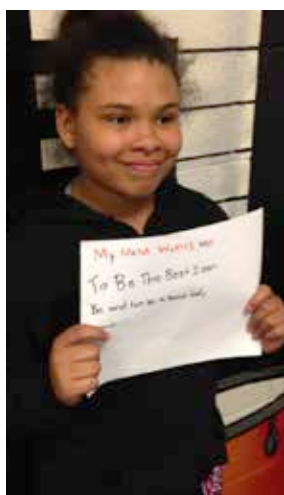
Monitor Growth

- Check in on Progress, Growth, Challenges
- Formal, Informal
- Adjust, Set Goals

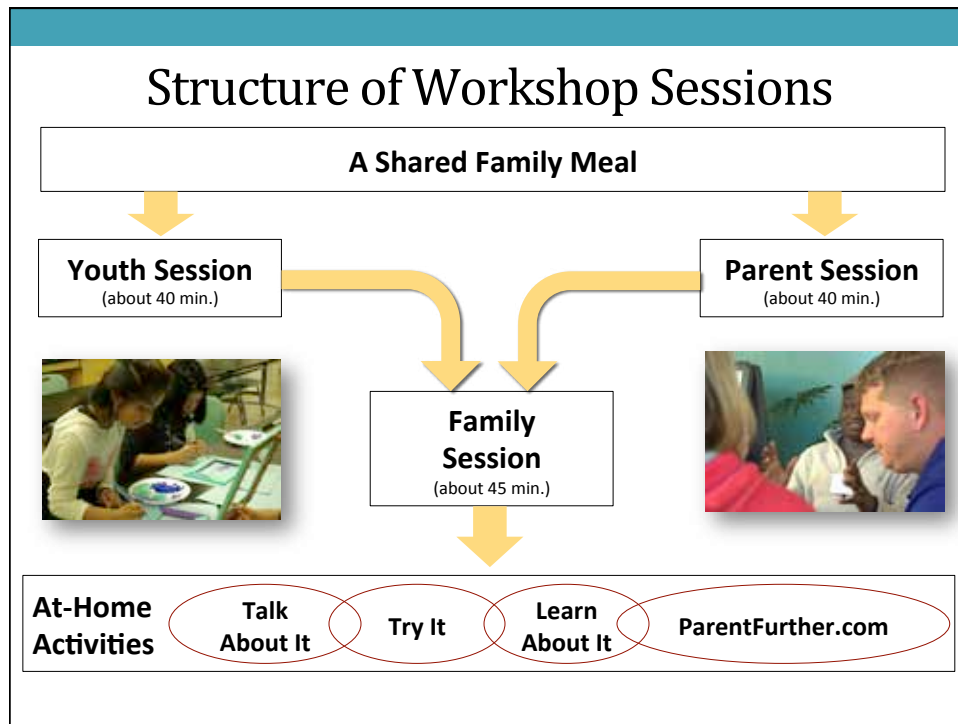
Mark Transitions, Milestones

- Public & Private
- Diverse Paths
- ID What's Next, Repatterning

Goals of *Keep Connected*



- **Enrich the lives of diverse families** by helping youth and parents focus on re-patterning their relationships through a critical transition.
- **Boost student motivation for learning**, by deepening family relationships.
- **Reduce the typical decline in parental involvement** in the middle school and high school years by . . .
 - Reframing parents' expectations for adolescence.
 - Enhancing trust & communication.
 - Creating a sense of mutual support among the families.
 - Strengthening the schools' capacity to engage families.



Workshops

1. Thriving Through the Teenage Years: The Power of Family Relationships
2. Care: The Foundation of Relationships
3. Share Power: Even When It's Not Comfortable
4. Challenge Growth without Pushing Away
5. Support and Stretch to Grow
6. Celebrating Your Family's Journey through the Teen Years
7. Family Graduation Ceremony

Each session includes time to create a "Family Pledge to Keep Connected." The final session includes a graduation ceremony.