

## Chaplain's Spot

### Traits of strong, emotionally smart families

#### [Michael Grose – Parenting Ideas Club]

Michael Grose, Australia's number 1 parenting educator, has a blog. <https://www.parentingideas.com.au/Blog>



**1] Members come together regularly and enjoy each other's company** - share a meal, meet on birthdays and other special events; or just hang out together. ***How much time do you spend together as a family?***

**2] People share feelings, and learn how to manage them effectively** – they connect on a deeper level, acknowledging when someone is unhappy – giving space, a shoulder to lean on or simply cheer them up. ***Does your family connect on an emotional level?***

**3] Family members care deeply about each other – come together through difficulty** – they draw together when a crisis happens. Hardship inspires rather than pushes people away. ***Would your family pull together or disintegrate when hardship hits?***

**4] Family members communicate positively and show affection** - there is a willingness to forgive and look for ways to move forward rather than be stuck in the past. ***How much affection is shown in your family on a daily basis?***

**5] Conflict is resolved respectfully and positively, rather than ignored** - seeing conflict situations as opportunities to bring people closer together rather than take sides or blame. ***Is conflict ignored or handled respectfully in your family?***

**6] There's a strong sense of shared identity** - They generally have traditions passed down from one generation to the next. ***What are your key traditions and rituals?***

**7] Decisions are shared and all members honour opinions and ideas** - The old "Do as I say!" no longer works. Parents in strong families use a different parenting approach to raise their children. ***What parenting approach do you use?***

**8] There is a feeling of optimism and hope within the family** - something bigger than them that they connect with – whether it is religion, caring for the environment or shared compassion for people– hope and optimism are gained from a shared set of ethics, beliefs or values. ***How does your crew measure up?***

### Quote of the week:

I like the challenge of trying different things and wondering whether it's going to work or whether I'm going to fall flat on my face. -**Johnny Depp**

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The Chaplaincy program is funded through Federal Government & Community support including; "Inspire! School Chaplaincy Network", CCCVaT, Great Ryrie Primary School Council and local private and community donations.