



Family Harmony at Home

Family harmony is a critical component to a strong family, it means the ability to trust and support each other. When we model peaceful and loving relationships, our children feel more secure and loved. Positive language, Active listening and empathy help maintain a peaceful and happy family environment during these stressful times.

We are models for our Children

- How we talk and behave in front of others is a big influence on how children behave too!
- Try to talk kindly to everyone in the family, adults and children. Treat everyone equally.
- Bad communication between adults in the household can have a negative impact on our children.
- The more we practice modelling peaceful, loving relationships to our children the more secure and loved they will feel.

Use positive language. It works!

- Tell others what you want them to do, instead of what you don't want them to do: Instead of saying "Stop shouting, try saying "Please speak more quietly".
- Praise makes others feel appreciated and good about themselves. Simple words like, "Thank you for clearing the dinner table," or "Thank you for watching the baby" can make a big difference.
- Show appreciation at all times, children like to be appreciated.

Nice things to do together as a family

- Let each family member take turns to choose family activities each day.
- Take a walk as a family as much as possible, fresh air helps to energize the family.
- Laughter is fun, do laugh and play with the family as much as possible.
- Find ways to spend quality time with your partner and other adults in your home, too!

Be an empathetic active listener

- Listen to others when they are talking with you.
- Communicate differences in a constructive manner.
- Be open and show them that you hear what they are saying.
- It can help to even summarize what you have heard before responding: eg. "What I hear you saying is.."
- Take a digital break, the family will appreciate your presence.

Share the load

- Looking after children and other family members is difficult, but it's much easier when responsibilities are shared.
- Try to share household chores, childcare, and other tasks equally among family members.
- Create a schedule for who does what and when, with other adults in your household.
- It is okay to ask for help when you are feeling tired or stressed, so that you can take a break.

Feeling stressed or angry?

- Give yourself a 10-second pause. Breathe in and out slowly five times, then try to respond in a calmer way, millions of parents say this helps them a lot.
- Call a truce when you can see arguments building up, and go into another room or outside if you can.
- Remind yourself to stay calm for your sake and the family's sake.

In conclusion, a happy family is where mom or dad, sisters and or brothers feel safe and can talk about every or anything together.