

7 ways stories help build families



STRENGTHEN BONDS

When children hear stories about grandparents and other ancestors, a bond is created across generations. The stories make indelible impressions upon our hearts. Research shows that children can actually connect to the thoughts and feelings of family members (past & present) when stories are a common part of the family experience.

IMPROVE SATISFACTION

Let's say we measure the knowledge level of family history. If that knowledge is high, then we're likely to find a family environment in which most members are satisfied. Why? Well, because that knowledge is an indication of **healthy processes** within the family. In other words, it's a sign of something healthy going on in that family. Researchers call it **family cohesion**.



TEACH HOW TO OVERCOME

Mental health professionals tell us that they have found an **exciting link** between family stories and **raising overcomers**. Out of all of the young patients, the youth who know their family history are also the ones most likely to overcome educational and psychological challenges.

BUILD IDENTITY

Through family stories, children will learn to better understand themselves. When they can identify themselves within the context of family history, their **"story of self"** is strengthened. Strong **identities lead** to better psychological health & wellbeing.



INSPIRE RESILIENCY

For resiliency, think of elastic. How quickly can a child **bounce back** from a stressor or crisis? Science tells us resiliency is both nature & nurture. Research tells us that children who have a solid grounding in **family knowledge** tend to bounce back quicker from stress as compared to children without that resource.



PASS ON VALUES, CULTURE

For generations, families have used stories to help children to understand their culture. Stories were also the **main conduit** for passing down norms, values, spirituality, and traditions.