



Healthy Families

A healthy family has clear boundaries:

1. The hierarchy is clear.
2. Each knows where the other stands.
3. There is equal distribution.
4. There is access each to the other.
5. They are able to communicate.
6. The boundaries are permeable.

It's not the fact that a family has problems, it's the "how" of dealing with problems that indicated whether a family is functional or not.

In a healthy family:

1. Children tend to perceive more love from parents, foster tenderness and caring expressions.
2. Children are more assertive—open, honest sharing of differences and these differences are heard and respected, assertive expressions encouraged.
3. Parent/Child care compatible, all work to identify internalization values.
4. Problem-solving is spontaneous and efficient seeking to live in the solutions instead of the problems.
5. Family functions democratically but with clear authority, but all are able to acknowledge and discuss mistakes.
6. They have fun together and structure fun together.
7. There is a sense of family traditions.
8. Parenting is firm but flexible.