

Family strengths, functions and structure



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Family Strengths, Functions and Structure Family strengths are relationship characteristics that contribute positively to the emotional prosperity and wellbeing of a given family. A good example of family strength is spending of quality time by the whole family together.

Family functions are the processes which a whole family operates in. This involves manipulating the environment and communication to ensure easy problem solving within the family.

A family structure is the membership and composition of a family. It also involves the patterning and organization of relationships between the members of the family individually (Couchenour 85). Studies done in the past 30 years have revealed that family accord and pride greatly contribute to the strength of a family. This is so since family pride entails loyalty, trust, shared values, and mutual respect which result in family members having strong bonds. Family accord contributes to the strength of family since it allows for competency when dealing with conflicts within the family. Factors such as open communication, commitment, spirituality, and appreciation also contribute to the strength of a family.

Resiliency is the ability of a family member to cope with challenges that face the family. There are 10 ways that have been put forward by Brooks and Goldstein that promote resiliency in children.

1. It is important to make children know that as an adult one understands the child's point of view irrespective of the fact that one is trying to show them another perspective.
2. When communicating to a child, an adult should do it with respect since it goes a long way in enabling the child to communicate with others better.
3. It is crucial for an adult to be flexible when dealing with a child since it will

help guiding the child behavior more effectively

4. Each child should be given their own attention from an adult especially in the case of parents, teachers, and guardians.

5. Adults should accept each child's specific personalities and interests.

6. Children should be allowed to contribute either in the family or at school since it creates a sense of responsibility in the children.

7. It is crucial to emphasize to a child that making mistakes is not wrong but lessons that are learnt in life.

8. Adults should identify every child's strength and abilities making the child realize their strengths and those of other children

9. Encourage and support children to make their own decisions and solve problems

10. Teach the children self-control by employing discipline strategies that promote it.

Functions of a family

1. Provide economic stability by providing all needs for children

2. Families give children status and prestige by providing family names that go a long way in job and social opportunities

3. Family also provides education either at school or at home

4. Family also instill religion and spirituality which contributes greatly to morality

5. Families also provide protection economically, socially, and physically.

6. Families also provide recreation activities which contributes to both emotional and physical growth

7. Affection is provided by the family through nurturing and provision of wants.

Cultural beliefs have resulted in the change in the functions of various families. For example, in my culture the role of the family is viewed as that of ensuring the family name grows hence decisions are made in terms of how they will impact on the family name and not how they will impact on family members such as children. Another example of how culture has influenced families changing their view on the functions of a family is where in some cultures children are groomed to take care of their parents.

Family structure is what makes up the family in terms of membership. There are various types of family structures. A nuclear family structure is one that is traditional where it is comprised of a father, a mother and their children. A single parent family structure is where a family is composed of children with one parent either a father or a mother. Finally, an extended family structures is one where a family is composed of various relatives. For example, living with ones grandparents and parents contributes to an extended family. Early childhood programs play an important role in families in that they introduce the children to the external world enabling them to venture outside the comfort of their home.

Work Cited

Couchenour Donna. Families, Schools and Communities: Together for Young Children.

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