

Today's Family Challenges and Changes



AnthemEAP

History, Facts, Interesting Information

- **1700's Relatively Egalitarian Society** - Husband/wife both work the farms... children help
- **Industrial Revolution** - Move to urban areas. Husband works and wife stays home.. Children now a financial burden
- **1930's Low Birth Rate, Great Depression, WWII** - Stay at home moms and long work hours for men
- **1960's and 1970's Feminist Movement Kicks In**

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Continued

- 2007 4.3 million babies born.. MOST EVER
- 2008 birth and marriage rates drop
 - Recession kicks in
- There were 3.9 million births in the U.S. in 2017 — down 2 percent from 2016 and the lowest number in 30 years
 - Women in their 40s were the only group to see a higher birthrate in 2017
- Today
 - Nuclear family is nuked!
 - Single parents, gay parents, adoptions all on the rise

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What is a Healthy Family?

- A healthy family includes a family system that has positive interactions with each other
- Atmosphere where everyone acknowledges each others differences and supports one other
- Allow for mistakes to be made and be able to forgive one other
- Set boundaries
- No one person has complete control over the family system, everyone's opinion matters
- A family unit that respects each others values



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Best Practices of a Healthy Family...

Regardless of what your family looks like... here are some key ways to make it healthier:

- Learn to deal with conflicts
- Communicate with each other
- Have loyalty, trust and honesty with one another
- Balance
- Put time into building relationships
- Have fun together, laugh together, have some inside jokes

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More Best Practices

- Express warmth and humor with each other
- Allow for freedom to express yourself
- Cherish and remember the memories
- Build a family support system
- Be flexible
- Be understanding
- Be healthy as a family system
- Sleep, Nutrition, Exercise

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Single Parenting in Today's World



- More common than a "nuclear" family
- Adjust expectations
- Feeling overwhelmed
- Financial worries
- Possibility of "dealing with the ex"
- Complicated extended family relationships
- High rise of unmarried mothers having kids on their own
 - 2005 increase was at 36%

Healthy Parenting

- Treat each child as an individual
- Practice and maintain a regular routine as much as possible
- Set realistic expectations
- Create boundaries
- Set an example: you are the role model, try to lead a healthy personal life
- Do not fight with your spouse or other adults in front of the children
- Be aware of your tone of voice

Recipe for Success

What the experts say makes a happy and healthy family...

- Enjoy time with each other
- Ask each other about how their day was, and actually show interest!
- If married... put your marriage FIRST
- Put family before other relationships
- Build a balance: work, school, activities, family time, personal time
- Try not to raise your voice! (be firm vs. loud)
- Take downtime from being "plugged in"
- Discuss finances with each other

Fun Things to Do Together...

Here are some good ideas:

- Cook meals as a family
- Take or plan a vacation
- Volunteer together
- Exercise, walk, hike together
- Look at old pictures or family videos
- Do chores together



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Resources

- Onetoughjob.org
- Childrenguidesociety.org
- Loveisrespect.org

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Evaluation
Survey QR
Code



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