

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

Historical Materials from University of Nebraska-
Lincoln Extension

Extension

1-1-2000

NF00-446 Creating a Strong Family: Qualities of Strong Families

John Defrain

University of Nebraska--Lincoln, jdefrain1@unl.edu

Follow this and additional works at: <http://digitalcommons.unl.edu/extensionhist>



Part of the [Agriculture Commons](#), and the [Curriculum and Instruction Commons](#)

Defrain, John, "NF00-446 Creating a Strong Family: Qualities of Strong Families" (2000). *Historical Materials from University of Nebraska-Lincoln Extension*. Paper 302.

<http://digitalcommons.unl.edu/extensionhist/302>

This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Materials from University of Nebraska-Lincoln Extension by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.



NebFact



Published by Cooperative Extension, Institute of Agriculture and Natural Resources,
University of Nebraska-Lincoln

Creating a Strong Family **Qualities of Strong Families**

John DeFrain, Extension Specialist, Family and Community Development

When people across the country and around the world describe the qualities that make their family strong, these are some of the things they talk about.

Appreciation and Affection

Caring for each other
Friendship
Respect for individuality
Playfulness
Humor

Positive Communication

Sharing feelings
Avoiding blame
Being able to compromise
Playfulness
Agreeing to disagree

Spiritual Well-Being

Commitment

Trust
Honesty
Dependability
Faithfulness
Sharing

Time Together

Quality time in great quantity
Enjoying each other's company
Simple good times
Faithfulness
Sharing fun times

The Ability to Cope with Stress and Crisis

This is one of a series of eight NebFacts, including two publications which introduce the series and provide a broader perspective.

- [What Is a Strong Family, Anyway?](#), NF00-439
- [Qualities of Strong Families](#), NF00-446
- [Appreciation and Affection: Developing an Emotional Bond](#), NF00-440
- [Commitment: The Family Comes First](#),

Hope	Adaptability
Faith	Seeing crises as challenges and opportunities
Compassion	Growing through crises together
Shared ethical values	Openness to change
Oneness with humankind	Resilience

NF00-441

- [Positive Communication: Smoothing Out the Bumps in Family Life](#), NF00-442
- [Enjoyable Time Together: A Journey of Happy Memories](#), NF00-443
- [Spiritual Well-Being: Sacred Connections](#), NF00-444
- [Successful Management of Stress and Crisis](#), NF00-445

Sources

DeFrain, J. (1999). *Strong families around the world*. Family Matters, 53 (Winter), 6-13.

Olson, D.H., and DeFrain, J. (2000). *Marriage and the family: Diversity and strengths* (3rd ed.). Mountain View, CA: Mayfield, p. 92.

Olson, D.H., DeFrain, J., and Olson, A. (1998). *Building relationships*. Minneapolis: Life Innovations, Inc.

Stinnett, N., DeFrain, J. (1985). *Secrets of strong families*. Boston: Little, Brown, p. 14.

File NF446 under: FAMILY LIFE

F-26, Relationships

Issued September 2000

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Elbert C. Dickey, Interim Dean and Director of Cooperative Extension, University of Nebraska, Institute of Agriculture and Natural Resources.

University of Nebraska Cooperative Extension educational programs abide with the non-discrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.