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

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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.

<table>
<thead>
<tr>
<th>Appreciation and Affection</th>
<th>Commitment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caring for each other</td>
<td>Trust</td>
</tr>
<tr>
<td>Friendship</td>
<td>Honesty</td>
</tr>
<tr>
<td>Respect for individuality</td>
<td>Dependability</td>
</tr>
<tr>
<td>Playfulness</td>
<td>Faithfulness</td>
</tr>
<tr>
<td>Humor</td>
<td>Sharing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Positive Communication</th>
<th>Time Together</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharing feelings</td>
<td>Quality time in great quantity</td>
</tr>
<tr>
<td>Avoiding blame</td>
<td>Enjoying each other's company</td>
</tr>
<tr>
<td>Being able to compromise</td>
<td>Simple good times</td>
</tr>
<tr>
<td>Playfulness</td>
<td>Faithfulness</td>
</tr>
<tr>
<td>Agreeing to disagree</td>
<td>Sharing fun times</td>
</tr>
</tbody>
</table>

| Spiritual Well-Being       | 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
Faith
Compassion
Shared ethical values
Oneness with humankind
Adaptability
Seeing crises as challenges and opportunities
Growing through crises together
Openness to change
Resilience

Sources


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F-26, Relationships
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