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

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NebFact



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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.

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

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