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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

### **Commitment**

Trust  
Honesty  
Dependability  
Faithfulness  
Sharing

### **Positive Communication**

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

### **Time Together**

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

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

## Sources

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- 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.

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***F-26, Relationships***  
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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

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