

Project 319 Parenting Class

Attributes of a Dysfunctional Family

1. **Poor Communication:** Limited or ineffective communication between family members.
2. **High Levels of Conflict:** Frequent and intense conflicts without effective resolution.
3. **Lack of Emotional Support:** Absence of emotional support or understanding within the family.
4. **Inconsistent Boundaries:** Unclear or inconsistent boundaries, leading to confusion and tension.
5. **Substance Abuse:** Presence of substance abuse issues affecting one or more family members.
6. **Financial Instability:** Constant financial stress can impact family dynamics.
7. **Parental Absence or Inconsistency:** Inconsistent parenting or the absence of one or both parents.
8. **Emotional or Physical Abuse:** Presence of emotional, verbal, or physical abuse within the family.
9. **Problem-Solving Skills are not great:** Difficulty in resolving issues or addressing challenges effectively.
10. **Lack of Trust:** Distrust and suspicion among family members.

Attributes of a Close-Knit Family

1. **Open Communication:** Frequent, honest, and respectful communication among family members.
2. **Mutual Respect:** A foundation of respect for individual differences, opinions, and boundaries.
3. **Emotional Support:** Family members provide emotional support and understanding during challenging times.
4. **Shared Values:** A common set of values and goals that guide family decisions and actions.
5. **Quality Time Together:** Regular engagement in activities that promote bonding and connection.
6. **Clear and Consistent Boundaries:** Well-defined and consistent boundaries that foster a sense of security.
7. **Adaptability:** The ability to adapt to changes and challenges while maintaining stability.
8. **Great Conflict Resolution:** Healthy approaches to resolving conflicts, emphasizing understanding and compromise.
9. **Financial Stability:** A sense of financial security that minimizes stress and uncertainty.
10. **Parental Involvement:** Active involvement of parents in their children's lives, providing guidance and support.
11. **Celebration of Achievements:** Recognition and celebration of individual and family achievements.
12. **Shared Responsibilities:** Fair distribution of responsibilities, encouraging a sense of teamwork.