

Discovering Life Skills

Chapter 2: Your Family

Chapter Summary

A healthy family life can be a source of pleasure and growth for its members. Healthy families care about each other and work together as a team even though they have different skills, talents, and personalities. Families may have various traditions and beliefs handed down from one generation to another. Families can become closer when they spend time together. Within your family, you practice the skills of consideration, cooperation, reliability, and respect.

Families change and adapt for many reasons. Some changes result from divorce. Some divorced parents remarry and new siblings may join the family. Family members may live with a disability or develop a serious illness. Other changes result when a parent loses a job. One of the most difficult changes for a family is death. Not all changes are negative, but whether negative or positive, everyone in the family must learn to adapt.