

session 14: **teacher resource**

HOW FAMILIES HELP CHILDREN

There are many roles within a family; these are four of the most essential roles for raising healthy children:

Provide Resources

Parents and families are needed to provide money, food, clothing and shelter to meet children's most basic needs.

Nurture and Support

Parents and families are needed to provide comfort, warmth and reassurance for children. For example, parents can listen, understand and support a child who is nervous about the first day at a new school or has had a fight with a friend.

Promote Development of Life Skills

Parents and families are needed to help children develop in many different ways: physical, emotional, educational and social. For example, helping a child make it through school successfully (helping with homework, attending school meetings, transmitting values about the importance of education), helping learn a sport, or helping a young adult child decide on a career path.

Model Values and Self Discipline

Parents provide leadership to the family. In that role they maintain discipline and enforce particular behavioral standards. They influence their children's behavior by passing on important values about how people treat one another, how to carry oneself, how to live together as a family, how to behave in different situations, and so on. The most important way that parents transmit values is through their own behavior and role modeling.