



### My 9 Strategies to Build Family Unity

1. Commitment to the process – be committed and patient as making change can take time.
2. Mealtimes – eat together, talk together and be together (no devices for anyone) – research shows that eating as a family has benefits of building confidence, connectedness and purpose.
3. Celebrate the achievements of everyone.
4. Family calendar – create a central family calendar so the comings and goings of everyone can be recorded and everyone feels connected.
5. Playtime – arrange regular times for the family to play together – start small and build it up as members gain confidence in the process. Quality is more important than quantity, as you will be working to build a positive experience.

Ideas – movie, Friday Pizza or video night, walk, picnic, play a sport like tennis or bowling, bike ride to a favourite café

6. Listen to each other.
7. Create a Kids Planned Day – especially if you have teenagers, it is a day when your child(ren) decide what the family will do. Forget your devices, forget your cleaning, work etc just do what they plan.
8. Work to create a household rhythm - emotions, routines, exercise, service and reflection.
9. Create family traditions that evolve and will become a solid foundation.

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