



FAMILY RESILIENCE



***FORTIFYING FAMILIES WITH SKILLS, STRENGTH,
AND RESILIENCE FOR LIFE***

Resiliency is key to building strong families. The concept of family is interrelated with and dependent on how well basic human needs are met. The focus on understanding families and preserving this fundamental unit of society is central to the Family and Consumer Sciences discipline. By promoting family resilience, Family and Consumer Sciences professionals play a vital role in empowering families to flourish and contribute meaningfully to their communities.

Family, as a connected group of individuals, functions as a unit that offers support, love, and belonging. The behaviors, emotions, well-being, and actions of family members impact the entire unit. The synergy of the unit creates a family system rather than just a collection of individuals. Families, within genetic, legal, geographic, vocational, or other parameters, come in a variety of forms and are shaped by unique relationships and dynamics.

Exploration of diverse family systems enhances the understanding of individual roles and family strengths and contributes to the knowledge base within Family and Consumer Sciences. By valuing their diverse bonds and utilizing internal strengths, families demonstrate resilience when met with life's challenges.

Family resilience is the ability of a family to withstand and recover from adversity or stressors while maintaining cohesion and fostering growth. An understanding of individual development and how family dynamics change across the life course is essential to reacting with resiliency. It involves effective communication, emotional regulation, adaptability, critical thinking skills, and a shared sense of purpose. Resilient families utilize external resources like community or professional assistance, as needed. They demonstrate flexibility in roles and routines, maintain a positive outlook, and draw on spiritual or cultural values for strength. By fostering strong connections and prioritizing well-being, resilient families can not only bounce back from difficulties but often emerge stronger and more united.

Communities are built by the families that reside within them. Resilient families contribute to community vitality by promoting social cohesion and a sense of civic engagement. In resilient families, members are more likely to develop positive social skills and healthy relationships and contribute to their communities. Strong communities create a supportive environment for individuals and families to thrive, which fosters a sense of pride and belonging.