

The 10 Secrets of Successful Families



A busy parents guide to creating happy families

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Welcome to the Program

"Our families are the ones who know us the best and love us anyway"

As parents we lead such busy lives these days. But we also desperately don't want to lose sight of the things that are most important to us our families.

This program *The 10 Secrets of Successful Families* helps you quietly stay on track in this most important area of your life.



In this program we will be working together with a practical step-by-step approach towards helping your family become an even happier, more successful family.

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Successful families are ones that last - despite the stresses of life. They are families that are based on respect for each other, share closeness and joy, are able to communicate and work together, and encourage each person to grow. Perhaps most importantly, this means they are able to weather the storms of life together.

Why are families so important?

A family is a group of people who live together and share their lives, creating their own unique 'family life', and a place to call their home.



When our family is going well, then

Our family is where we feel loved and accepted for who we are and safe enough to explore who we want to be.

Our family is where we first learn about ourselves and others - how to build relationships and resolve our differences

Our family is where we can shelter from the storms of life - and regain our strength to go out and face the world again

Our family is where we prepare the next generation to take their place in the world as happy, healthy, strong individuals

Some families seem to be more successful at creating this than others.

With our children we will be talking about these as 'great' families and this program as a way they can help their family become an even better one.

Creating a successful family *(the 10 Secrets)*

How each family goes about creating their own 'family life' is unique and depends so much on those involved.

The 10 Secrets of Successful Families has been developed with busy parents in mind to help them with this very important task. It is based on the philosophy of '*Strong Love*' Parenting which is the keystone of the *Building Stronger Families* movement.

As parents, we are the most powerful influence in our children's lives, and the way we live speaks louder than any words. This program helps us to keep ourselves and our children focused on the things that matter most in life 'the secrets' of successful families.



The '10 secrets' are key psychological concepts that have a powerful positive affect on children - supported by the current psychological literature. These secrets help pass onto our children some important 'life lessons' that strengthen resilience, relationship-building, problem-solving and communication skills.

The 10 Secrets are

Secret 1: Let's have fun together

Secret 2: Let's be good to each other

Secret 3: Let's help everyone feel special

Secret 4: Let's have rules to keep us safe

Secret 5: Let's work things out

Secret 6: Let's be honest and play fair

Secret 7: Let's work together

Secret 8: Let's make things right again

Secret 9: Let's support each other

Secret 10: Let's stay happy and strong.

How to introduce this program to your kids

Sometimes parents are unsure about how best to introduce this program and its ideas to their children. To make this simpler the program comes with a number of ready-built tools including :

Kids e-Books, Kids Worksheets
Secret Posters and
Family Activity worksheets.



Kids eBooks



There are a series of eBooks (or pdfs), one for each secret, that help kids understand the secret and its key ideas, in simple language. These may be read independently by older children or with the help of parents for little ones.

The Secret Posters

Each 'secret' has its own poster with the key idea expressed in a simple affirming phrase about 'our family'. For example, in our family we have fun together.

These can be printed out and displayed around the house, or gathered into a homemade Family Scrapbook.



Program Worksheets

The program worksheets are ready made A4 sheets that reinforce the key ideas for the children. They can be printed out, completed and included in the Family Scrapbook.





Family Activities

Each 'secret' has meaning only as we begin to live it. To help with this, the family is encouraged to talk about the key ideas in the secret, and then to plan a family activity that highlights these ideas. Of course, making it happen is also vital. Worksheets around the planning and the reporting back can also be included in the Family Scrapbook.

How to get started

A routine often helps.

Some parents like to choose a day of the week to introduce the new message to the family - Mondays is usually a good choice. It begins with introducing the 'secret' for the week (with kids eBooks or printed sheets in scrapbook) and asking each person to think about what it means to them and how it could help their family grow stronger or become a happier family.

Starting on a Monday gives the family time to look forward and plan the Family Activity (which often is best on a weekend), with a Sunday night reflection on what each has learnt from the secret.

During the week see if you can continue to include the message into everyday life, with conversations in the car, chats at the dinner table and of course when the kids complete their activity sheets. Try not to just bring it up still difficult times or either angry words.

Lastly, remember that the more you put into something the more you are likely to get out of it. Your children need to see you believe in what you are doing and to show enthusiasm and commitment even during the hectic times of life. We all have them!

Parent Reflection Questions

A photograph of a cafe table with coffee, a cake, and a pitcher of milk, with a city street in the background. The scene is set outdoors at dusk or dawn, with warm lighting. In the foreground, there is a white cup of coffee on a saucer, a slice of cake on a small plate, and a white pitcher of milk. In the background, there is a street with parked cars and buildings.

1. How do I feel my family is going at the moment?

2. What do I hope we will gain from doing this program?

Thank you for
joining us in
The 10 Secrets of
Successful
Families.

