What Really Matters to You?

“I’m too busy.”

“I can’t help you right now. I’m in the middle of something.”

“I’m sorry; I’ll make it to your game next time.”

Do any of these phrases sound familiar to you? Between working, household chores, and social commitments, do you ever feel like you’re missing out on actually spending any time with your family? Although we may not intend for it to happen, sometimes we allow ourselves to get so busy doing things for our families that we forget to make ourselves accessible to them.

It’s not a bad thing to want the best for your family. But what’s really best for them? As nice as a big house, a fancy car, or designer clothes are, letting your job or day-to-day busyness come before your family relationships is short-sighted. Material possessions, no matter how much care you take, will eventually break or deteriorate. The relationships you put effort and care into will only grow stronger. Your time and commitment is what is best for your family!

The older I get the more I have found that my real happiness lies not in how much money I have in the bank or how nice my possessions are, but in my family and friends. Knowing that those relationships are what I hold most dear, I am constantly reminding myself that the effort I put in to nurturing those relationships will give me so much more in return.

If you need help learning how to nurture your relationships with your parents, significant other, or children contact Youth & Family Services Stronger Family Program at 791-5025. Our staff can help your family grow together.

Written by: Gia Danson, YFS Program Assistant and Data Manager

Food for Thought?

When was the last time your entire family sat down to dinner with each other? Most families are in desperate need for quality time together. Sharing a meal might be the only opportunity your family has to connect with one another without the distraction of video games, cell phones, work, or TV. Challenge your family to share at least a few meals together each week. Get up-to-date on each of your family member’s interests and reconnect as a family.