

5 Tips to Cultivate A Healthy Family in time of Crisis.

I want to give you 5 tips to FAMILY CARE that will help you to cultivate in your home safety and engagement in time of global crisis. We have been given a huge time out to re-evaluate our values and where we go for safety. When our institutions and familiar structures have been shaken, it is time to set our compass on heavenly institutions. I believe that God is desiring to bring about a reformation of the family. This is a divine opportunity to change course in our country and it can begin in your home.

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience... Colossians 3:12

Here are 5 Tips that can help us cultivate a healthy family in time of crisis.

Practice Quality Time- Let us defeat the tyranny of busyness. Plan on a daily basis, to be emotionally available for your family. Whether you have a two-year-old or a 22-year-old, that has come home from college, look at this crisis as an opportunity to practice emotional attunement. Attunement is our ability to genuinely care about how our children are feeling. A dismissive or absentee parent creates feelings of abandonment or feeling devalued.

Practice Meaningful and Empathetic Conversation- Let us learn to present. Be intentional and show a genuine desire to know what is in their hearts. Every child needs to know that their parents place high value in them. This means to speak words of affirmation. Spend more time in your speech encouraging connection rather than focusing on correction. Learn the art of asking open ended questions that stimulate a desire to know and to be known; for example, "What was the best part of your day?"

Practice Healthy Affection- Let us not mistake social distancing for isolation. As parents we need to be intentional about expressing value through affection and playfulness. Of all the love languages, physical and meaningful touch is the easiest to detect. The following behaviors are good indications that physical touch is someone's primary love language, they enjoy hugging, cuddling and holding hands regularly.

Practice Family Time- Let us not allow a world that is unsafe hinder our creativity to invest in our love ones. A family that bonds together will have meals together, play games together, pray together and go to church together. We are to recreate new family structures that cultivate connection. This is a great opportunity to establish a regular family devotional time.

Practice Caring for others- Lastly, we need to as a family, practice kindness and empathy to others. Develop a habit, with your family to create Christ centered projects to care for someone who is not as fortunate as you are. In this time of isolation, call a grandparent, make a video with family, model for your kids, neighborly kindness.

God Bless, Jeff Reinke

If you need pastoral counseling, please call 760-929-0029 ext. 191