

Developing Family Harmony: COVID – 19

With so many couples and families spending more time at home in isolation during the COVID-19 pandemic, some are developing ways to make it work while others are finding it can be a challenge. During this time together in isolation it is important to work together to increase the communication and harmony in your home. [Read this article](#) that reviews the challenges and gives you tips on how to manage in close quarters.

Below are some specific articles/activities that you and your family can review together. Work together, read together and build a stronger bond together.

Parent - Teen conflict

Parents - are these the questions you ask yourself about your relationship with your teenager?

- Why won't he/she listen to me?
- Why can't we get along?
- Why are we always angry with each other?

Teenagers – Are these the thoughts you have about your relationship with your parents?

- Do they really care?
- I'm never good enough for them
- They really don't understand me

We all face conflict at some time in our lives with the people we love. But it doesn't always have to be negative. It doesn't have to end up as a war! In fact, if you learn skills to deal with conflict, there can be some really positive and satisfying outcomes. [Read about ways to manage conflicts.](#)

Parents and teens, take some time to read this together and brainstorm different ways you can work together to better manage conflict in your household.

Listening and Communication

Communication and Listening are key to a successful relationship.

Are you listening to the voice/ideas of your family? Is it an inclusive and trusting environment? It is time to build open communication to strengthen your family unit and to share smiles and laughter with each other. [Learn more](#) about how to build effective communication strategies in your family unit.

Take some time to read the article together as a family and come up with other ways you can each improve your communication and listening skills with each other.

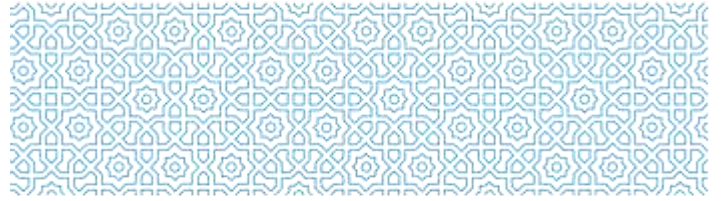
Love & Affection

Great amounts of time are not required for us to begin expressing more love. Seconds and minutes a day are sufficient to lay a gentle hand on a shoulder, to hug, to sit together.





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These small gestures can have significant impact in your relationships. Read more about the five languages of love in the links below.

- [**For couples**](#)
- [**For Parents and Teens**](#)

Share your thoughts and feelings with your parents, children, partners, siblings, etc on how to add more love and affection into your daily lives.

