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VOLUME 03

The Family Corner Newsletter



MARCH IS A MONTH OF FAMILY BONDING

As a family, we need to create a bond that sustains the family from generation to generation. We need to make sure that our home becomes a safe space where everyone feels loved and appreciated.

In a world that is filled with so much violence, anger, and negativity, it is of utmost importance for us as parents to be positive role models to our children.

A close family bond is like a safe harbour where we find refuge. From trusting that someone will pick us up when we fall, as a preschooler, to someone being there for us as we experience the storms in life – family bonds help to instil trust and hope in the world around us and belief in ourselves.

Family bonding can come in small moments of laughing together, cuddling, and doing activities often that are fun for everyone. Rituals of bedtime stories, hugs, holidays and daily meals shared, provide a sense of warmth, structure and safety.

These rituals and traditions, not only create memories and leave a family legacy but create our first path in life – a positive one. We encourage parents to spend as much time as possible with their children to keep and enhance the bond between each other.

Newsletter Highlights

March is a month of family bonding

Family bonding - A house divided cannot stand

Developing relationships

The importance of Knowing each other strengths and weaknesses

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FAMILY BONDING - A HOUSE DIVIDED CANNOT STAND

By Dr. Rose Zunga

These days family bonding is not as simple as it sounds.

Everyone's life is so busy and hectic that to find quality time to share with family is not easy. Family bonding has to be intentional and a focus area that families need to pay attention to.

I look at a family as a sports team - the success or failure of any sports team lies in the teamwork that the team produces. Sports teams put a lot of effort to practice together for high performance.

They do not only focus on acquiring the skill of the game but also focus on how they play well together.

Team dynamics, personalities, traits impacts the way a team performs. This is exactly how families are - family is equals to a TEAM. As an individual, you need to ask yourself very important questions:

How does each family member weave into the family?

How united is the family?

Families need to have a vision to carry on family legacy for generations but for this to happen family bonding is critical. Unity in the family is the glue that binds the family together and enable family legacy to flow from generation to generation.

Family bonding might be easy within one or two family generations, the challenge comes when rolling it over into the third and fourth generation. Strong family bonding should stand the test of times, it should stand the test of sibling rivalry but this takes a lot of effort to build strong family bonds.

This month of March and beyond lets make family bonding our priority!



DEVELOPING RELATIONSHIPS

Strong and positive family relationships are enjoyable for their own sake – it just feels good to be part of a warm and loving family.

But positive family relationships are important for lots of other reasons too. They:

- help children feel secure and loved, which gives them confidence to explore their world, try new things and learn
- make it easier for your family to solve problems, resolve conflict and respect differences of opinion
- give children the skills they need to build healthy relationships of their own.

This is why it's worth building, maintaining and improving the relationships you share with your children and other family members. These positive and supportive relationships will help us to feel healthier, happier, and more satisfied with our lives.

The relationship a child has with family is a blueprint for future relationships.



As we build relationships, it's important to note that all relationships go through ups and downs and they all take work, commitment, and a willingness to adapt to change.

Whether it's a relationship with your spouse, sibling, child or parent, consistently invest time and resources in ensuring that your relationship stays afloat.

One of the fundamentals in building sustainable relationship is being able to accept and celebrate our differences as a family. We are all different and we perceive the world in many ways. Don't build relationships with the assumption or expectation that people will think like we do. Life, however, would be very dull if we were all the same. So accepting and celebrating that we are all different is a great starting point to building lasting relationships.



THE IMPORTANCE OF KNOWING EACH OTHER STRENGTHS AND WEAKNESSES



Knowing the strengths and weaknesses of each family member, gives families a better understanding of themselves and gives them a clearer understanding of things that may be holding them back. It gives families a better understanding of themselves and how they function.

Knowing your strengths helps you to grow, while knowing your weaknesses gives you a clearer understanding of things that may be holding you back as a family, and you can then work around finding ways to not let your weaknesses pull you behind.

Knowing each family member's strengths, helps us to ensure everyone becomes the best version of themselves. This will help us to seek opportunities that increase their confidence, enthusiasm and overall performance.

Knowing what each member is not good at, gives us an insight on areas where they need help the most. Instead of trying to make them get rid of the weakness, we find ways to work around it. That way these weaknesses will eventually not hinder their progress or stand in their way.

For example if you have an event to plan, you know you need posters for it and you are not artistically creative but you are excellent at coordinating, use your strength here. Get a team to design the posters and coordinate with them to ensure you get what you want.

There are a lot of wonderful things that each family member can achieve if they know their true potential and the things they are capable of doing.



TAPPING INTO OUR CHILDREN'S GIFTS AND TALENTS

Helping children tap into their passions and their talents is one of the greatest gifts you can give your children. It helps your children connect to the essence of who God designed them to be. There is no greater self-esteem booster than to know who you are, and be passionate about what you have to offer the world.

As children, it's not always that easy to know what your gifts and passions are. It's up to you as a parent to help them figure out what they do well.

All children have abilities of one sort or another, though they don't always reflect those of their parents. Your child might be the first in the family to love gymnastics or the piano. Talent can appear in any form, but may need drawing out in order to shine.

Here are some tips for tapping and nurturing your child's natural gifts.

- Expose your children to a variety of different activities
- Take note of the activities that your child enjoys doing.
- Support the path that they want to pursue even if the dream seems unrealistic.
- When nurturing a talent in your child, take every opportunity to broaden and enrich his/her understanding of the subject, as this will guide and inspire him/her drive. Introduce him/her to the achievements and techniques of experts and let him/her witness them in action.

Whatever you put in your child is what they are, if you put in your child that they are the best, they will believe it. And they will be the best. ~ Richard Williams



**HOME IS THE
STARTING
PLACE OF LOVE,
HOPE AND
DREAMS.**

CREATING A POSITIVE HOME ATMOSPHERE AND CULTURE

What does it take to create a positive home for everyone to feel safe, loved, heard and respected? Creating a positive environment for your kids, spouse and other family members sets the tone for how they will feel about spending the day at home.

Creating a positive home environment allows members especially kids not to be afraid of making mistakes and to approach parents without fear of being criticized or shamed.

Why Create a Positive Atmosphere at Home?

- When your parents are present, but not emotionally available, it hurts.
- When you don't receive genuine encouragement or praise, your efforts start feeling worthless.
- Learning you are good enough and deserve good things is established in childhood. When you don't have this, navigating life, work and social circles becomes doubly hard.
- A positive home environment sets the tone for the good (or bad) relationships you'll have in your life. What you are taught and what relationships are modeled is what you will accept in your own life.

When children grow up in a loving, warm and positive home, they are equipped with the tools to develop into balanced and confident people.



THE FAMILY ENRICHMENT PROGRAMME

Be a part of a programme that aims to develop unity in the family by cultivating appreciative gestures in the family. You have to be intentional in developing this foundational element of your family.

This three day programme can be done at the Centre or virtually. You can choose to run it during the weekend or any three days during the week when all family members are available.

WHAT YOU WILL BENEFIT

This programme will help you to spend quality time with your family.

This is essential to create strong bonds, love and the connections essential to cope with challenges, instill a feeling of security, inculcate family values and fill kids with confidence. These will provide family members with a healthy sense of belonging, security, and connection - contributing to everyone's well-being and healthy emotional development.



HOW TO REGISTER

Send an email to:
info@familydevelopment.co.za

Or call:
+27 61 518 7147



PHOTOSHOOT CHALLENGE



MARCH 14 - 31

One of the best ways to bond as a family is through spending memorable events together and capturing them in photos and videos. So why don't you join in on the fun in our Family photoshoot challenge.

[CLICK HERE TO JOIN THE CHALLENGE](#)

CENTRE FOR FAMILY
DEVELOPMENT PRESENTS

FINANCIAL EDUCATION FOR CHILDREN

Creating a positive mindset in our
children



WHAT TO LEARN

Digital Security
Money Responsibility
Good Financial Habits
Spending Plans and
Decisions
Importance of Financial
Literacy
Earning Money
Saving & Investment

2 APRIL 2022

FROM 14:00 - 17:00 HRS

FROM 11 - 16 YEARS

Register Today:

info@familydevelopment.co.za
+27 61 518 7147

CedarRest Boutique Hotel
244 Cladon Street, Chartwell,
2191, Johannesburg

Self Love Book

Before you love others, focus on developing self love. There's nobody more important in this world than you.

So let that sink in for a minute.

And then ask yourself, how have you been treating yourself lately? How do you talk to yourself when nobody else is around? How many hours have you been sleeping lately?

Jump-start your journey to being kinder and more loving to yourself. And if you need help on how you can get started,

Click [here](#) to download our free Self Love Ebook.

The Ebook has challenges that are designed to bring about more joy, abundance, acceptance, and love in your life. None of them are obligatory. If you miss a day or a challenge just doesn't resonate with you, feel free to skip it.



The Dancing Experience

Dancing opens up energy channels of feeling and connection. It rejuvenates everything.

Learning how to dance teaches communication skills and fosters respect.

The physical activity is a great stress reliever and the positive feelings about the shared experience makes couples excited to carve out alone time.

The coupling stage of a family cycle require couples to develop intimacy in their relationship. Be a part of our dancing experience so that you can connect and reconnect as a couple.

For more details about the programme, send an email to:

info@familydevelopment.co.za



Rush for opening
specials

CEDAR REST BOUTIQUE HOTEL

We have spacious, well-appointed rooms that overlook our sparkling pool, rolling lawns, and Bar Area. Cedar Rest is the choice of discerning travellers and locals alike.

5-Star Customer Service Experience

Our staff are friendly, gracious and trained to pamper our guests needs. Enjoy fresh cooked, hot to order breakfast each morning as part of your stay.

Newly Refurbished Luxury
Home Away From Home

Where to find us

Just 20 minutes from Sandton's city buzz, close to all major highways and around the corner from Fourways Mall and Montecasino, an exclusive lodging experience awaits you.



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