

SEPTEMBER 30, 2022

VOLUME 09

# The Family Corner Newsletter



## SEPTEMBER IS A MONTH OF DEVELOPING FAMILY CULTURE

Family culture means the values, rules and traditions that govern a family's life and routine.

Every family has its own dynamic: a distinct way in which they tackle daily activities, solve common problems, set family goals and relate to one another.

A family culture is created whether we intend to or not.

Even if we don't make conscious decisions and openly discuss our values, norms and traditions within our household, we still create a family culture by default.

One that is likely based on our own experiences as a child — rejecting what we perceived as negative and incorporating what we treasured or admired.

## Newsletter Highlights

September is a month of  
developing family culture

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Importance of family  
organisational design  
and development

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Family values

Family rituals

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Choose your family  
flower

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Importance of having a  
family colour

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Enhancing the family  
environment

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Upcoming family  
programmes

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# IMPORTANCE OF FAMILY ORGANISATIONAL DESIGN AND DEVELOPMENT



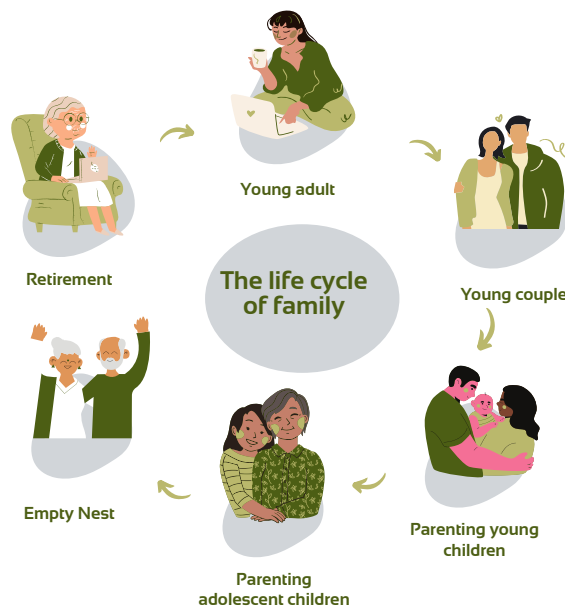
A family is like any organisation or company, it needs a vision and structure for it to function properly and purposefully.

Not so much thought has been put in family design and development and I think this oversight has resulted in most families failing. Successful companies or corporations have big visions and strong structures and this has helped these companies or corporations to survive the test of time.

Families can learn a big lesson of organisational design and development from these corporations. What does family organisational design and development entail, could be a question ringing in your mind right now. Family organisational design and development means a family needs to put in place the following

- \* Family Vision and Mission
- \* Family Values
- \* Family Rituals and Traditions
- \* Family culture
- \* Family Goals

These are important foundational pieces which will sustain the family from one generation to the other. The organisational structures should be aligned to the family life cycle (see diagram below). Every family just like every company goes through a life cycle and the structure should be able to support the family at any point in the life cycle.



If your family is operating with no foundational pieces discussed above, be encouraged to start the process, it's never too late.

Rose Zunga

# FAMILY VALUES

Family values are guiding principles that inform how you and your family make decisions and live your lives. They outline what is important to your family and what you are all striving toward. If you have children, family values reflect how you want to raise them and what kind of adults you'd like to see them become.

Family values, and how they are displayed, are greatly informed by one's own upbringing, beliefs, political philosophy, religious beliefs, morals, geography, culture and socioeconomic circumstances.

Family values are important because whenever someone in your family goes through a teachable moment, your family values will shine through. This is true whether those values are intentional or not. Here's how family values contribute to your loved ones and relationships.

## 1. They help family members make decisions.

One of the biggest advantages of establishing and knowing your values is that it makes decisions so much easier. When you know what your family prioritizes, most of the time, you know which decision is best.

## 2. They guide your parenting.

Family values will also shape how you raise your children.

## 3. They cultivate strong bonds and cohesiveness.

Family values also create a shared identity, something you and your relatives can rally around. This fosters a sense of family unity that makes the home more harmonious and less stressful.

## 4. Family values build a strong moral compass.

As they get older, children will have to make their own decisions, and their family values will give them a strong moral compass to follow as they navigate a world outside their home.

As a family, there are five types of values you should establish. Not all families will have the same approach to these values, but defining them is important.

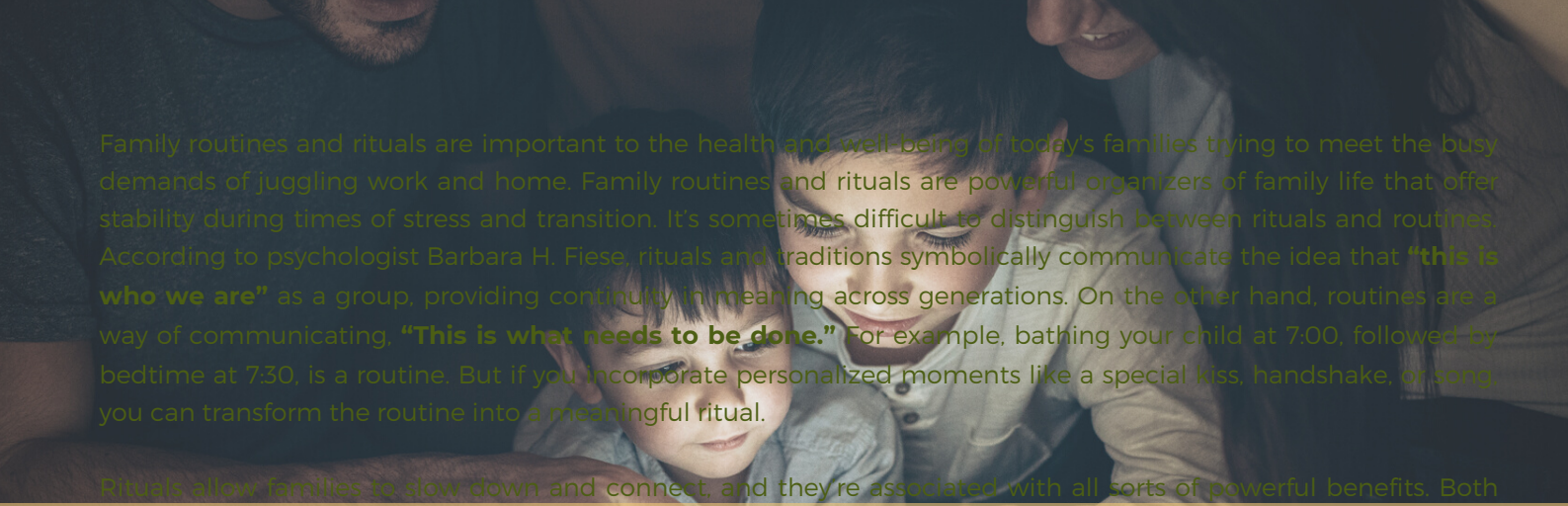
**1. The relationship to others:** Your family should have a set of values that dictate how you behave around others. You have to define values for how you want to treat the people you have close relationships with and other people in general, including strangers.

**2. The relationship with each other:** Some families work under the assumption that family comes first, no matter what while other families prefer a more egalitarian approach. In either case, it's important to define values that determine how family members treat each other. These values can define how children should act with each other, how children should act toward their parents, how spouses treat each other and how parents co-parent.

**3. The relationship to oneself:** Family values can also guide how every person treats themselves. How you treat yourself is just as important as the way you treat others.

**4. Priorities:** Some values can define what matters to your family first and what's less important i.e. how you spend family time, what spiritual or religious rituals matter to your family and what type of education you'll provide for your children. Defining priorities can also guide your family when making tough decisions. For example, where will you make budget cuts when your family is under financial stress?





Family routines and rituals are important to the health and well-being of today's families trying to meet the busy demands of juggling work and home. Family routines and rituals are powerful organizers of family life that offer stability during times of stress and transition. It's sometimes difficult to distinguish between rituals and routines. According to psychologist Barbara H. Fiese, rituals and traditions symbolically communicate the idea that **"this is who we are"** as a group, providing continuity in meaning across generations. On the other hand, routines are a way of communicating, **"This is what needs to be done."** For example, bathing your child at 7:00, followed by bedtime at 7:30, is a routine. But if you incorporate personalized moments like a special kiss, handshake, or song, you can transform the routine into a meaningful ritual.

Rituals allow families to slow down and connect, and they're associated with all sorts of powerful benefits. Both family routines and rituals provide stability and are associated with adolescents' sense of personal identity, children's health, academic achievement, emotional satisfaction,

# FAMILY RITUALS

Maintaining these routines and rituals even during times of transition like divorce can lower levels of conflict and help children adjust to change, protecting them from the proposed risks of nontraditional families. Most importantly, creating these family rituals strengthens bonds between all family members. It allows you to connect in shared experiences and spend more time with one another. During busy times, they work as powerful organizers for family life. When things get stressful or during transitional times, they provide comfort. As kids get older, these family rituals become integral to their personal identity.

For something to qualify as a family ritual, it needs to meet two requirements:

- 1. It must be done together as a family.
- 2. It needs to happen regularly.

Anything your family holds as special can be considered a family ritual. Yes, using a cute nickname can be a ritual. And so can Sunday night dinners. It can be new, or it could be passed down from older generations.

Family rituals give you and your children a sense of security, identity and belonging. That's because they are special things that you do together and they have special meaning for you. They create shared memories, and build family relationships and bonds. Rituals can also comfort children in unfamiliar circumstances. For example, if your young child loves listening to you read a bedtime story before bed, this ritual will help your child settle to sleep when they're in a different place. Rituals help children feel that the world is a safe and predictable place. This is especially important in uncertain or changing times like a family separation, or when you're moving house, or after a traumatic event like a bushfire or flood.

Remember that creating a real family ritual means sticking with it. So think of something that every family member would enjoy - and that won't be much of a hassle to carry out consistently.

Rituals can strengthen family values and help pass these values on to your children. For example, something as simple as Sunday night dinner together every week says that you value your family and enjoy spending time together.



# CHOOSE YOUR FAMILY FLOWER

Every flower has a special meaning. As a family, you can pick a flower that best represents what your family stands for. Here a list of flowers and their meaning, you can also go on the internet to look for a flower that best describes your family.



**Blazing Star** symbolizes joy, happiness and blissfulness.



**Lilies** Pink ones signify prosperity, orange ones signify pride and yellow ones signify gratitude.



**Iris** symbolizes eloquence. Purple iris is symbolic of wisdom, blue iris symbolizes faith and hope.



**Roses** symbolize love. It signifies love in its various forms. Its symbolism varies based on color, variety and number.



**Orchid** is a symbol of the exotic beauty. It symbolizes refinement, thoughtfulness and mature charm. It also symbolizes proud and glorious femininity.



**Peonies** symbolize bashfulness and compassion. It symbolizes a happy life, happy marriage, good health and prosperity.



**Alstroemeria** flower is symbolic of wealth, prosperity and fortune. It is also the flower of friendship



**Chrysanthemum** symbolizes fidelity, optimism, joy and long life. A red chrysanthemum conveys love; a white chrysanthemum symbolizes truth and loyal love.



**Protea** stands for change and transformation. It signifies daring and resourcefulness. It is symbolic of diversity and courage.

# IMPORTANCE OF HAVING A FAMILY COLOUR

Choosing a family color that best represents your dynasty, what you stand for and what you want to achieve is important. All great causes, big and small, have had symbols to rally behind. Building a dynasty is one of the hardest things we can do as founding parents of a legacy family. It takes hard work, sacrifice and creating a culture that will outlive the individuals within it. It, of course, begins by building on the 4 types of capital, and educating yourself on what it actually is to build generational wealth(hint, it's not about the money).

A family color is something that can be subtly woven throughout your family empire. Your family color is something you will integrate into your family emblem. You can add it to or use it for the colors of the logos of your family operating businesses, your attire, to interior feature walls in your house.

A family color is an element that will create nostalgia for the family in each of its members. It promotes unity and creates something, though simple, to rally around and be proud of. And before you write it off, it pays to take a look through the world. Every country has strong color representation in their flag. Choosing the colors for your family is a rather critical decision, and once made, can not be undone. For this reason, it pays to be as informed as possible and use the numerous free resources available to you thanks to the advent of the internet.

Your colors need to have a few characteristics, but first, you need to decide on the number of colors you want to implement. You don't have to be restricted to just one color. Multiple colors that gel well together can be very well suited to represent your family. I believe that 3 is the most any family should have, ideally one or 2 synergistic colors.

Your family colors should be representative of your family ideals. Choosing a family color is an incredibly important step in building a dynasty form multiple reasons. While it's not necessarily the first step you should take in building generational wealth it does give solidarity and guidance in emblem creation, which is important in creating a multi generational culture.





# ENHANCING THE FAMILY ENVIRONMENT



Family creates the building blocks a child needs in order to go out and face the world. As a child is forming their own sense of self, the attitudes and the values of the parents will influence the child. For example, the first relationships we form with our family sets the standards we seek when forming new relationships. If family members treat their child with respect, offer good communication, and act positively, then the child will also seek these qualities out in their other relationships. Spending time with family has also been shown to make the child more sociable, leading to more relationships and more happiness in their future.

Family is also beneficial for the child's self-confidence. Growing up in a stable, unified household gives the child the ability to go out and face the world without the worry that they won't have a support system to back them up. Not only do these family qualities influence their child's self-confidence, they have also been shown to create better communication skills.

Lastly, parents and guardians hold a great influence on their child's education. Parents can help prepare their children for school in early childhood, leading to more success in the classroom. Additionally, parents can help make sure their child stays on the right path by ensuring that homework is completed and good grades are encouraged.

All in all, having a child grow up in a family environment leads to them seeking out better relationships, have better communication and social skills, are better prepared for school, and helps them get ready to experience success in their lives.



**CENTRE FOR FAMILY DEVELOPMENT'S**

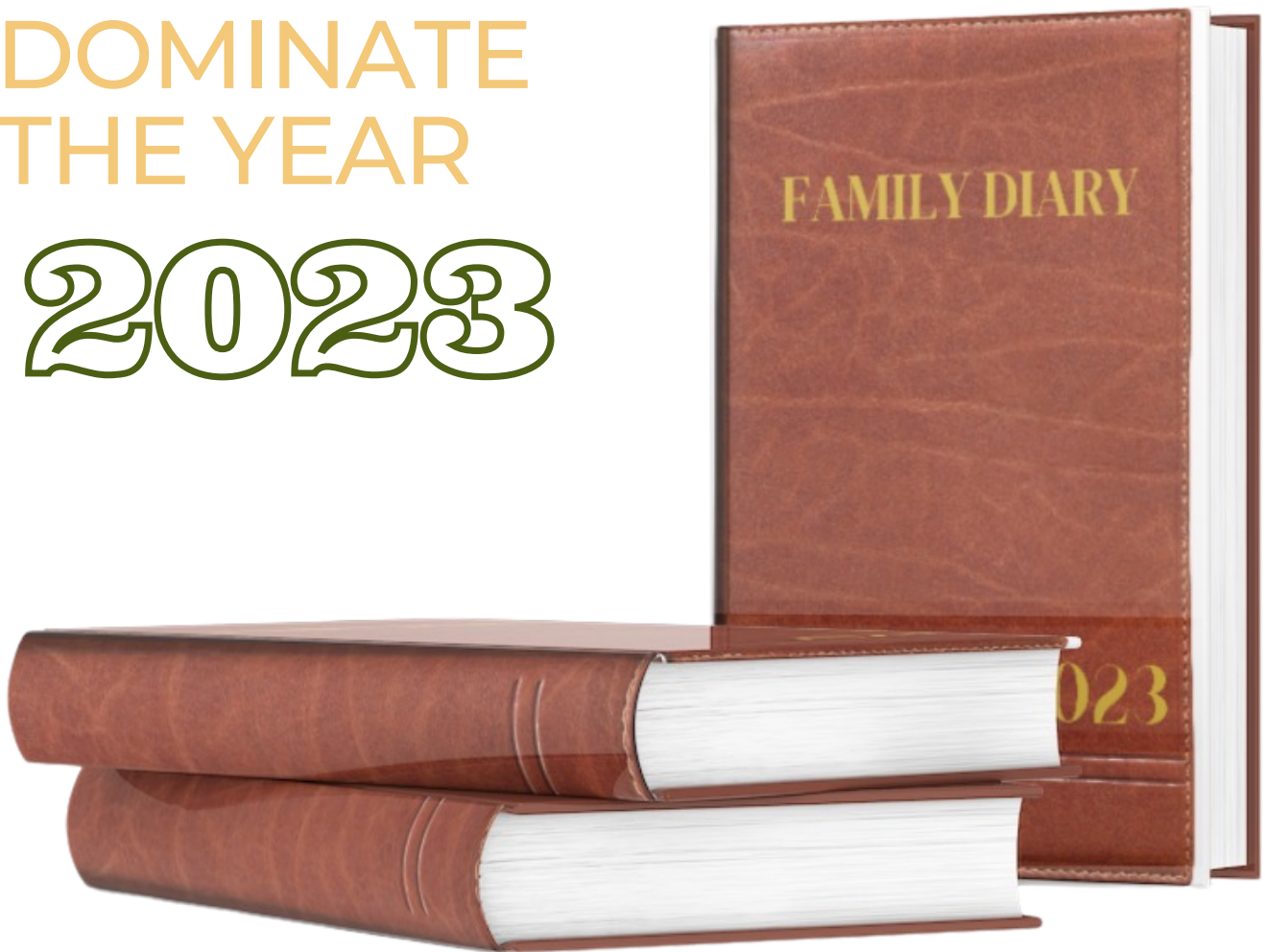
# **DEVELOPING UNITY AND APPRECIATION PROGRAMME**

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# DOMINATE THE YEAR 2023



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The 2023 Family Diary will help you to stay on track so that you can achieve the best possible results and reach your family goals.

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Using the diary will help you to schedule your family events and align them to your work or business events. Follow us on social media for more info.





# FAMILY CULTURE PROGRAMME

Establish your family foundation and identity using the tribes of Israel and the animal kingdom.



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# HAPPY SPRING

*live life in full bloom*





Zanzibar 2023

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