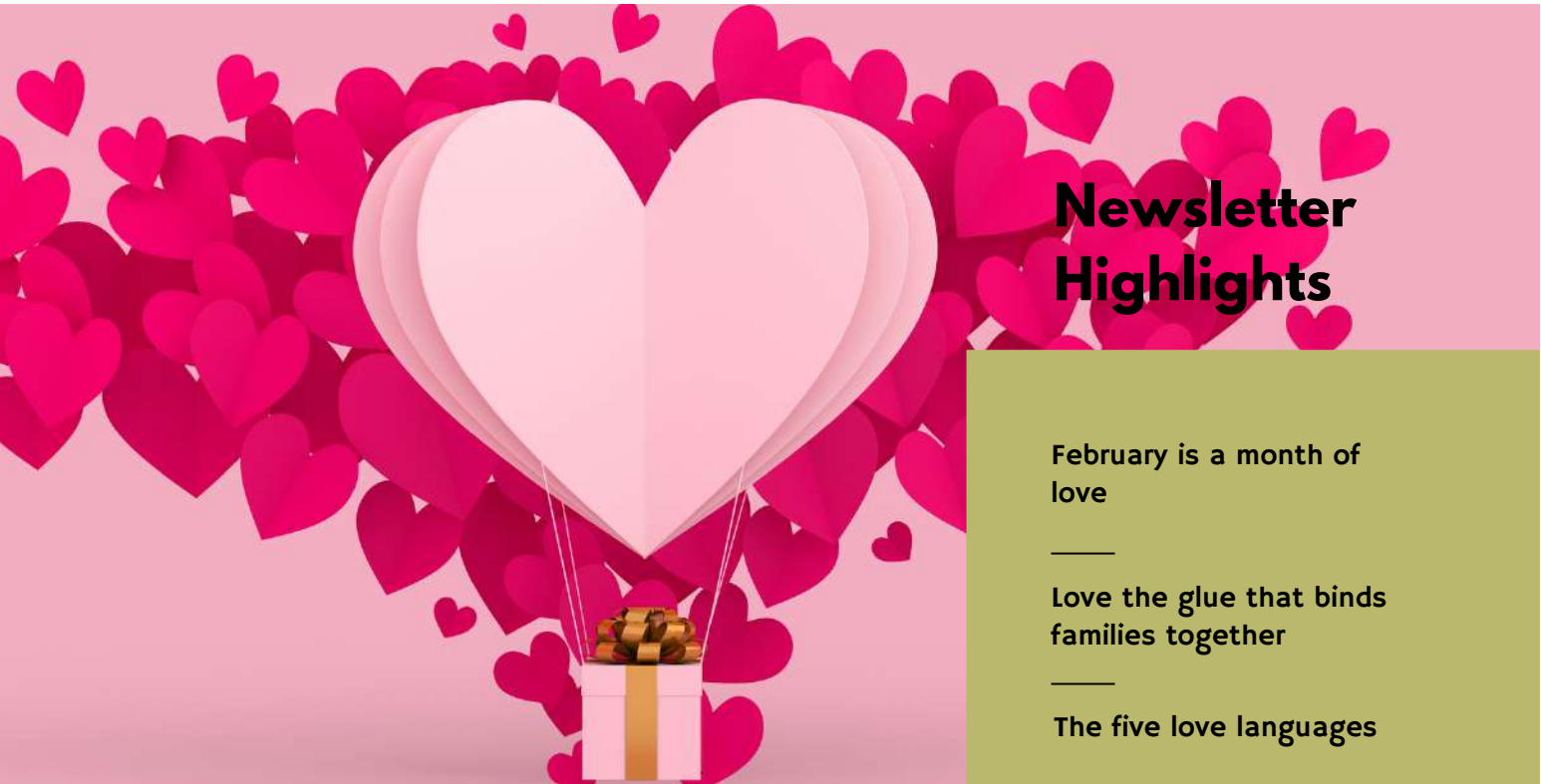


# THE FAMILY CORNER NEWSLETTER



## Newsletter Highlights

February is a month of love

Love the glue that binds families together

The five love languages

February checklist

## FEBRUARY IS A MONTH TO CELEBRATE LOVE

Family love is a special type of love that comes with its unique feelings, behaviors, challenges, and rewards. Once you understand what it truly is, you can learn how to build family relationships by genuine love and care.

The importance of family love for emotional wellbeing cannot be underestimated. The quality of family love experienced by a person affects them all the way from infancy through adolescence into adulthood. Love, as it occurs in the context of family, is unlike any other.

Your family members are the people you surround yourself with the most, who give your life meaning, and who you would do anything for.

They're the people that you can't live without, who you turn to when something good or bad happens.

That's why it's important to understand each family member's love language.

5 secrets to a happy family

The different types of love

Developing love in the family helps to remove sibling rivalry

Upcoming and current programmes

# LOVE THE GLUE THAT BINDS FAMILIES TOGETHER

*Dr Rose Zunga*

There is a common saying, '**blood is thicker than water**' which means family relationships are sealed by the bloodline that is shared by families.

The fact that a family shares the same genetics and the same bloodline should bring families together but it is not always the case. Over and above the same DNA and the same bloodline love plays a big part in bonding families together.

I believe every family member is given a measure of love inside of them for their family but this measure of love needs to be nurtured in order for it to grow. I believe that LOVE is the glue that bonds families together.

As much as the seed of love is there in family members' heart there has to be intentionality to cultivate the love for it to grow and yield fruits that are tangible. Otherwise this measure of love can easily be choked by several opposing forces.

## **How do you cultivate love in families?**

Love speaks, love has arms and legs, eyes and ears!

Understanding each family member's love language is critical in every family. Each family member is unique and their perspective of love is unique. You might think you're speaking love to your brother or sister but you might be communicating amiss by using the wrong love language. The five love languages that have been identified are:

- 1) Words of Affirmation
- 2) Quality Time
- 3) Receiving Gifts
- 4) Acts of Service
- 5) Physical Touch

I encourage you to take time with your family and identify which language does each of the family members speak and going forward be intentional in using the primary love language as a vehicle to love and bond with your fellow family members.

As you learn to speak your family members love language you can expect the love bond in your family to grow and bring fruits that look like unity, appreciation, peace, kindness, patience, goodness just to mention but a few. A family with a strong love bond can achieve a lot of things and they'll reach their full potential.



*Rose Zunga*

# THE FIVE LOVE LANGUAGES

There are five basic love languages – five ways to express love emotionally. Each person has a primary love language that we must learn to speak if we want that person to feel loved.

Are you familiar with your primary love language ?

What about your partners, children, siblings or friends ?

According to Dr. Gary Chapman, creator of 'the 5 love languages', "Love is a choice you make every day."

The love languages are based on the idea that everyone expresses and receives love differently; and learning your love languages as well as others can improve communication and contentment within relationships.

Chapman's book can absolutely change your life and how you navigate your relationships.

There are millions of ways to love but these are 5 main categories.



**Acts of service** ; a language that can best be described as doing something for your partner that you know they would like. such as filling up their gas tank, watering their plants, or cooking them a meal.



**Quality time** ; nothing says " I love you" like full, undivided attention and being fully present with the other person. quality conversation and quality activities are included in this love language.



**Physical touch** isn't all about the bedroom. hugs, pats on the back, holding hands, cuddling, gentle caressing and thoughtful touches can all be ways to show excitement, care and love. physical touch fosters a sense of security and belonging in any relationship.



**Words of affirmation;** not all actions speak louder than words; if this is your love language, unsolicited compliments mean the world to you. hearing " I love you are important- hearing the reasons behind that love sends your spirits skyward. kind, encouraging and positive words are truly life-giving.



**Giving gifts;** don't mistake this for superficial materialism;

Gifts are visual representations of love and are treasured greatly. The receiver of gifts thrives on the love, thoughtfulness and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for and you are prized above whatever was sacrificed to bring the gift to you.

Having a better understanding of how you and your partner(s) receive love best can transform your relationship and support deeper connection, intimacy, trust, and love



## FEBRUARY CHECKLIST:

- Have a one-on-one time with each kid
- Have a romantic date night with your spouse/partner
- Have some alone or pamper time
- Start planning for your annual vacation
- Give to those in need
- Have a monthly meeting assessing your January goals

## 5 SECRETS TO A HAPPY FAMILY

- **Communication** is an important factor for any relationship, including family relationships. Take time every day to exchange stories with your family members, at least 30 minutes a day. Dinner time is the most fitting moment to do this, try to eat together in one place, so each family member to recount their activities all day. Communication is also a key element in creating strong relationships between parents and children that will affect child care and education.
- **Doing fun activities together** on a regular basis will strengthen the bonds between family members. You can do various activities together, such as cycling together every Sunday morning, dinner at favorite restaurants once a month, or vacation together.
- **Balancing family life and work** is important for a happy family. When spending time with family, forget your work for a moment. You don't need to pick up the phone or reply to emails when taking time out for the family. This will make your child and your partner feel prioritized.
- **Make decisions together** helps children to grow up in an open environment and accustomed to expression will grow into a more confident child. In addition, children who help determine family rules usually tend to follow the rules better, thus exercising their disciplinary attitudes.
- **Keep a good relationship with your partner** - Children learn many things from their parents. Whatever they see will be recorded by their memory and part of their learning. So if you want to teach a loving attitude to your child, there's no better way than to show it in your interactions with your partner.







# THE DIFFERENT TYPES OF LOVE

**Affectionate  
Love**

**Playful  
Love**

**Familiar  
Love**

**Self Love**

**Romantic  
Love**

**Selfless  
Love**

It goes without saying that the love you feel for a friend, family member, or romantic partner are all distinctly different things.

In fact, there are so many variants that make "love" what it is, the word itself almost doesn't cut it.

That's why there are different words for the many types of love we commonly experience throughout our lifetime. Here's what they're all about, plus how to know which one(s) you're feeling.

According to clinical psychologist Kristina Hallett, Ph.D., research has defined two major types of interpersonal love: passionate love (which is what we think of as romantic love, involving attraction and sexual desire) and attachment (also known as compassionate love, which can be between caregivers and children, between long-term romantic partners, and other deeply bonded relationships).

Nevertheless, she adds, "We can certainly love people in a multitude of ways, and often do. When we think about the different words for love, it's possible to see how these connect to the greater categories of passionate and compassionate love."

The question of what it means to love someone has been the inspiration behind so many songs for a reason: It's a very complicated emotion that we all experience differently.

Take the five love languages, for example. Everyone has their own way of giving and receiving love, especially with different people.

Knowing what type of love you're experiencing usually involves some level of self-awareness about the nature of your feelings toward a person.

Be honest with yourself: Is it romantic, selfless, friendly, or playful?

Another way to tell which kind of love you're experiencing is to consider how long you've known each other.

"Generally speaking," Hallett says, "when we feel a strong, positive connection to someone and find ourselves caring about their well-being and supporting them through our actions, this is compassionate love, and likely involving elements the Greeks referred to as *philia*, *ludus*, and *agape*."



## DEVELOPING LOVE IN THE FAMILY HELPS TO REMOVE SIBLING RIVALRY

Healthy sibling relationships are built on mutual respect, and research shows they are an indicator of overall emotional well-being. That's because siblings relationships often outlast any other relationship in your life: romantic partners come into your life at a later age and parents often predecease their children. Siblings are with each other for life.

So what happens when those relationships crumble?

I have been following the royal family sibling rivalry between Prince Harry and Prince William. If you read Prince Harry's new memoir, "Spare," it details life after his mother Princess Diana's death, his time in the military, his marriage to Meghan and his departure as a senior member of the House of Windsor.

You can easily pick out how their rivalry took years in the making and the root causes were never addressed until it was too late.

"It is natural for siblings to have some degree of rivalry and it should be expected. After all, kids are competing for resources within the family in terms of attention from parents and other needs and wants," says Laura Petiford, a licensed marriage and family therapist.

Relationships don't always go smoothly. Several factors can lead to the deterioration of a sibling relationship, though "it's time to get help when the conflict is pervasive, occurring more days than not, and interfering with family functioning," Petiford adds.

### **So what can be the biggest cause of unending sibling rivalry?**

Family trauma, differences in political views, addiction and mental health struggles can challenge sibling relationships. Ruptures also can occur when a sibling breaks from the family identity, such as marrying someone the family doesn't approve of.

In the case of William and Harry, "the brothers both experienced the death of their mother, which is a deeply traumatizing event," Fern Schumer Chapman, author of "Brothers, Sisters, Strangers: Sibling Estrangement and the Road to Reconciliation," previously told USA TODAY.

"A second risk factor is parental favoritism, and the monarchy presents the ultimate in favoritism, since William's going to become king and Harry will always be relegated to a supporting role. The monarchy is also notoriously bad at resolving personal problems.

And Harry married far outside the family identity."

### **How to repair sibling relationships:**

- Bear in mind that relationships ebb and flow.

"A healthy sibling relationship, like any strong friendship, is characterized by love, respect, concern, consistency and reciprocity," says Chapman. "Siblings should expect to have conflicts, but in a healthy relationship, they feel confident that there will be repair and forgiveness."

Plus, "as with any relationship there can be periods of closeness and distance. As adults, presumably there is more ability to reason and work through disagreements however many things can interfere with that actually occurring," Petiford adds.

- Accept not all relationships can be fixed.

Some sibling relationships are too toxic to repair, and others will need to remain limited. Dealing with a difficult sibling may mean establishing firm boundaries.

For estranged siblings, reconciliation is possible only if all family members feel safe and there isn't a risk of further abuse or retraumatization.

- Therapy, therapy, therapy.

Chapman says early conversations during reconciliation are best facilitated by a therapist. Siblings will have to listen without interrupting or challenging each other's stories, to acknowledge, with empathy, the other person's hurt or alienation, and to let go of anger.

"Mending a conflict requires work on both sides," Petiford adds. "Deciding that the relationship is a priority and communicating your desire to work things out can be a good start to healing rifts."

# Self Love Book

In this month of love, before you love others, focus on developing self love. There's nobody more important in this world than you.

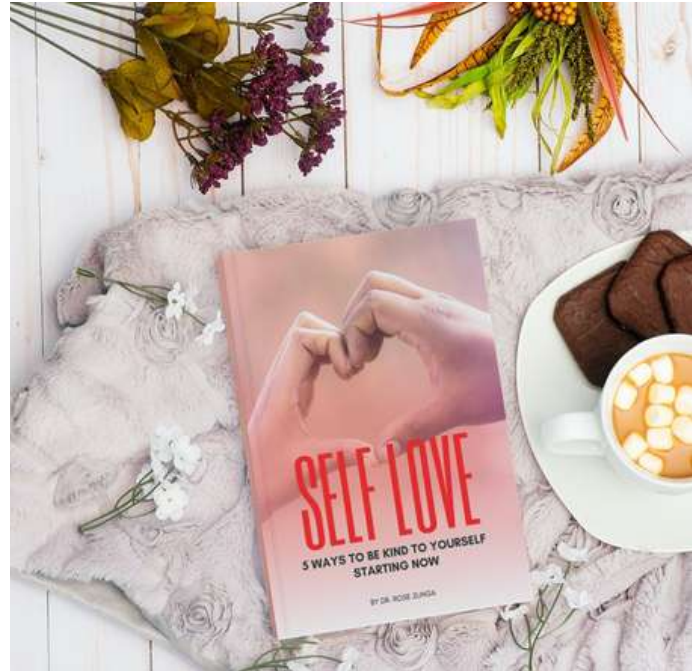
So let that sink in for a minute.

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.

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THE SELF LOVE CHALLENGE

# EMBARK ON A JOURNEY TO FINANCIAL WELLNESS

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and values**

**Invest in personal  
development and  
spiritual enrichment of  
members**

**Spend quality  
time together as  
a family**

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**5 – 8 MAY 2023**



## ***For Non SADC Citizens***

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- \* Airport transfers
- \* Accommodation for 3 nights at the A Zambezi River Lodge
- \* Inclusive of dinner and breakfast
- \* Sunset cruise and tour of the Falls
- \* Boma dinner experience
- \* Wellness programmes
- \* Financial literacy workshops

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