

## Description and Program Overview

Growing Better Families produces family educational programs and resources that when implemented can lead a family to Discover new ways of doing things, Uncover hidden talents/resources and Recover the joy of life and relationships and experience the excitement of seeing results.

The focus of these programs is on Becoming a Stronger Parent-Leader.

As families that want to learn and are willing to change utilize the principles, structure and concepts of Distinctive Parenting they will find that they can become better at what they do by working smarter rather than harder. (Further information on Distinctive Parenting can be found in The Family Resource Library).

Distinctive Parenting can be summarized as being:

- Relationship Focused
- Knowledge Based and Truth Based
- Personally Designed
- Strategically Implemented

The children in the families where these programs and resources are implemented will not only experience an enriched and more meaningful childhood, but will also learn the basics of a good foundation in anticipation of becoming the parents of the future.

A healthy childhood means less repair as an adult.

Families are encouraged to discover their strengths and their areas of concern by examining sections in The Family Resource Library such as Do's For Parents. Understanding that growth is facilitated by building on strengths, a main emphasis in all GBF programs is to:

“strengthen a strength”.

In the context of learning to serve others in love, families that utilize the educational programs and resources of GROWING BETTER FAMILIES will be able to:

- improve their problem solving skills
- learn how to practice a healthy lifestyle
- manage and maximize their resources
- become more effective and efficient in executing the tasks of daily living
- improve communication and conflict resolution skills

- develop and implement a plan for success that reflects the uniqueness of their family

Families that participate in these programs can expect to:

- clarify their values and belief systems
- learn to accurately identify their strengths and weaknesses
- become better equipped to deal with the difficult times in life
- set goals and develop action plans
- gain a better understanding of family unity and functioning
- become more confident in their respective roles
- have a positive impact in their community
- develop a clear vision for their future

The resources that have been developed by GROWING BETTER FAMILIES include:

- successful problem solving
- the 5 point plan to teach children financial management
- how to communicate more effectively
- developing a healthy lifestyle
- implementing controlled change
- becoming easier to live with
- learning how to serve others in love
- how to write a personal mission/vision statement
- learning how to resolve the issue/relationship conflict
- discovering the 10 jobs and 2 non-jobs of a parent
- learning about the "Do's For Parents"
- Developing a Positive Relationship With Your Child the E-Way.

The programs of GROWING BETTER FAMILIES will lead families to better understand themselves, to set new directions where needed and then to create the momentum to reach their goals.

By utilizing the principles, structure and concepts of Distinctive Parenting, families can determine what they want their family to "look like". It is not what someone else has determined for their family, it is what the family determines they want for themselves. This approach gives ownership to the family and in so doing promotes commitment to following what has been learned.

Families are encouraged to share their progress with others as they learn to live according to God's Creative Design. By so doing they will not only benefit others, but will multiply the benefits of the experience.

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