

Family Life Cycle



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DEFINITION OF FAMILY:

A group of people who are closely related.

TYPES OF FAMILY:

Nuclear Family.

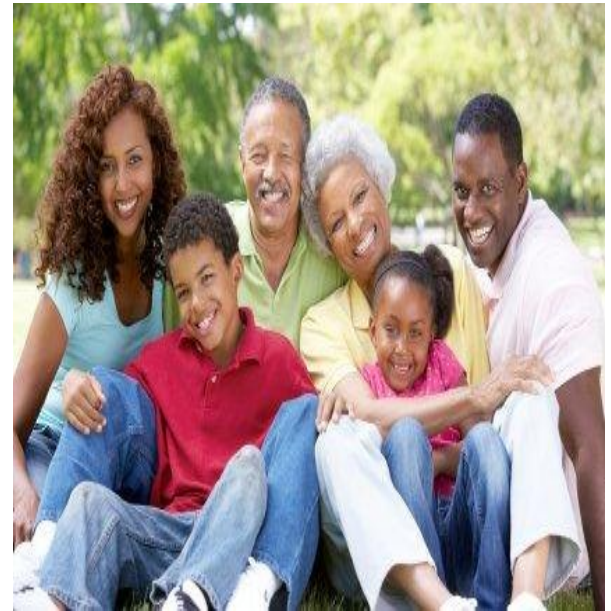
Extended Family.

Single Parent Family.

Blended Family.

Adoptive Family.

Foster Family.





CHARACTERISTICS OF FAMILY:

Generally, families share many attributes, which include:

Living in the same house.

Sharing the same values.

Sharing similar social activities.

Sharing similar objectives in their lives.

Sharing sense of responsibility towards society.



FUNCTIONS OF FAMILY:

Helping each member of family to **acquire social skills**.

Provide **social** care.

Provide **emotional support**.

Maintain **essence** of family.

Helping each member to decide his **future career**.



ROLES OF FAMILY IN HEALTH AND ILLNESS:

Family can contribute significantly in prevention of diseases through the following:

By providing the good housing conditions.

By providing adequate and healthy food.

By providing pure and clear water for drinking and washing.

By utilizing preventive measures.



Families can contribute significantly in improvement /cure of diseases by many means:

Taking the ill individual to the nearest health facility.

Helping the patient to **comply with medical advice.**

Providing **psychological support.**



Family can be a source of disease and health problems like:

Transmission of genetic disorders.

Transmission of communicable diseases.

Acquiring bad habits.



WHAT IS A FAMILY LIFE CYCLE?

The **EMOTIONAL** and **INTELLECTUAL** stages you pass through from **CHILDHOOD** to your **RETIREMENT YEARS** as a member of a family.



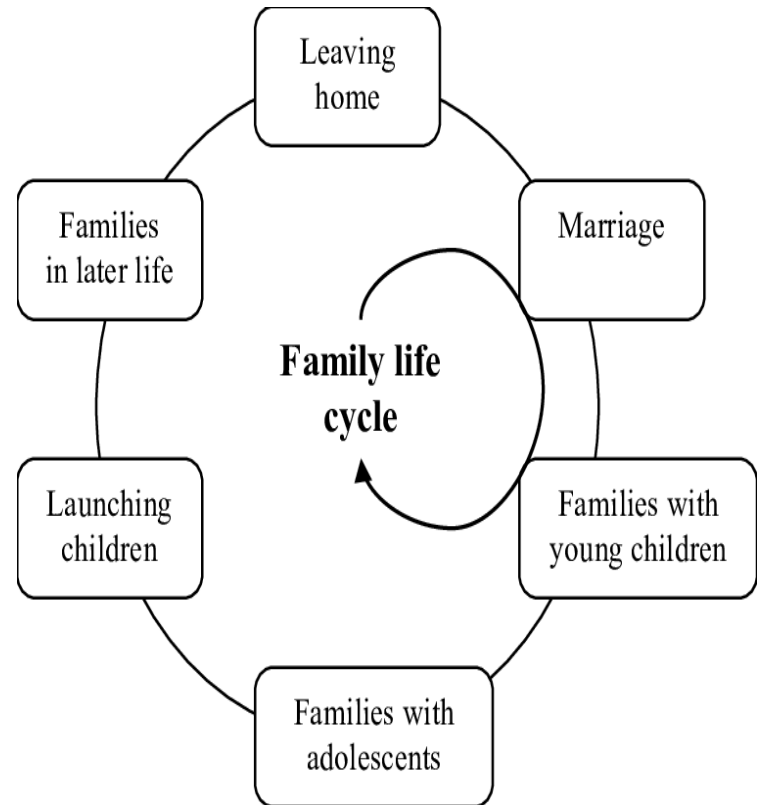
Why is it important to understand the family life cycle?

Family life cycle theory suggests that **successful transitioning** may help to prevent disease and emotional or stress-related disorders.

Whether you are a parent or a child, a brother or sister, bonded by blood or love, your **experience** through the family life cycle will affect who you are and who you become.

STAGES OF FAMILY LIFE CYCLE:

Independence.
Coupling/Marriage.
Parenting.
Launching adult
children.
Retirement.



Independence stage:

is the most **CRITICAL STAGE** of the family life cycle.

During the independence stage:

- ✓ Learn to see yourself as **a separate person** in relation to your original family.
- ✓ Develop **intimate** peer relationships outside the family.
- ✓ Establish yourself in your **work or career**.
- ✓ Begin to be responsible for your own **health**.



Other important qualities you develop during this phase include:

- ✓ Trust.
- ✓ Morals.
- ✓ Initiative.
- ✓ Work ethic.
- ✓ Identity.



Coupling stage:

Some of the challenges of this stage include:

- ✓ Transitioning into the new family system.
- ✓ Including your spouse or partner in your relationships with friends and family members.
- ✓ Being committed to making your marriage work.
- ✓ Putting the needs of another ahead of your own.



The relationship skills you learn in this stage serve as a foundation for other relationships.

During a coupling stage, you learn:

- ✓ Advanced interpersonal communication.
- ✓ Problem-solving skills.
- ✓ Common spiritual and emotional development goals.
- ✓ How to form boundaries in relationships.
- ✓ When to place the needs or importance of the other person above your own.



our specific goals for this stage of the family life cycle are:

- ✓ Forming a new family.
- ✓ Realigning your relationships with your family of origin and friends to now include your spouse.

Parenting: Babies through adolescents

Making the decision to have a baby:

- ✓ Parenting is one of the most **CHALLENGING PHASES** of the family life cycle.
- ✓ Introducing a child into your family results in a major change in roles for you and your partner.
- ✓ Each partner has 3 distinct and demanding roles: as an individual, a partner and a parent.
- ✓ The skills that you learned in the independence and coupling stages will help you move to the parenting stage.

Parenting young children:

- ✓ You will take on the parenting role and transition from being a member of a couple to being a parent.
- ✓ Your child's healthy development depends on your ability to provide a safe, loving, and organized environment.
- ✓ Caring for young children cuts into the **amount of time** you might otherwise spend alone or with your partner. If you did not fully develop some skills in previous phases, such as **compromise** for the good of the family, your relationship may be strained.



✓ Specific goals when young children join your family are:

Adjusting your marital system to make space for children.

Taking on parenting roles.

Realigning your relationships with your extended family to include parenting and grand-parenting roles.

Parenting adolescents:

- ✓ Parenting teenagers can be a rough time for your family and can test your relationship skills.
- ✓ Most teens experiment with different thoughts, beliefs, and styles, which can cause family conflict.
- ✓ An important skill at this stage is **flexibility** as you encourage your child to become independent and creative.
- ✓ Establish boundaries for your teenager, but encourage exploration at the same time.

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- ✓ Toward the end of this phase, a parent's focus shifts from the maturing teen to **career and relationship**.
 - ✓ You also may begin thinking about your role in **caring for aging parents**. Making your own health a priority in this phase is helpful as you enter the next stage of the family life cycle.



Empty Nest: Launching adult children

Begins when your first child leaves home and ends with the "empty nest".

Developing adult relationships with your grown children.

Realigning relationships to include grandchildren when your children begin their own families.

Health issues related to midlife may begin to occur.



Retirement or Senior Stage of life:

Specific goals to reach for at this final stage of your family life cycle include:

- ✓ Maintaining your own interests and physical functioning, along with those of your partner, as your body ages.
- ✓ Exploring new family and social roles.
- ✓ Providing emotional support for your adult children and extended family members.

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- ✓ Providing support for the older generation.
 - ✓ Dealing with the loss of a partner, siblings, and other peers, and preparing for your own death.
 - ✓ Reviewing your life and reflecting on all you have learned and experienced during your life cycle.

Thank you





What

When

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Who

ANY QUESTIONS?

How

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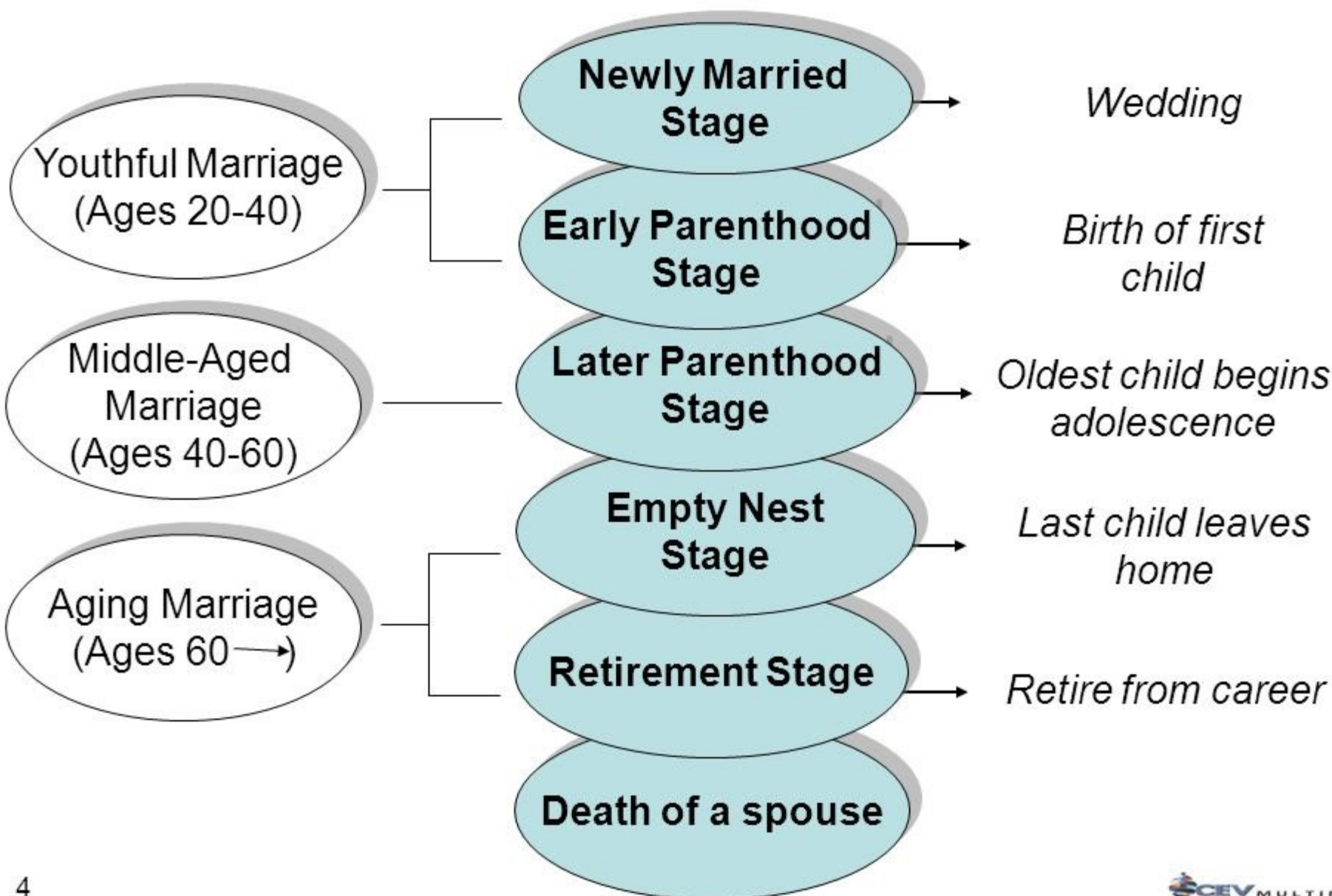
Where

Why





Family Life Cycle





Definition of family.

Types of family.

Characteristics of family.

Functions of family.

Roles of family in health and illness.

Definition of family life cycle.

Stages of family life cycle.

