

TODAY'S FUTURE

Parenting Website

<http://www.extension.org/parenting>

Get Parenting Information for children birth to teen years.

Healthy Marriages Benefit Children & Youth

Researchers have found many benefits for children and youth who are raised by parents in healthy marriages, compared to unhealthy marriages, including the following:

1. More likely to attend college
2. More likely to succeed academically
3. Physically healthier
4. Emotionally healthier
5. Less likely to attempt or commit suicide
6. Demonstrate less behavioral problems in school
7. Less Likely to be a victim of physical or sexual abuse
8. Less likely to abuse drugs or alcohol
9. Less likely to commit delinquent behaviors
10. Have a better relationship with their mothers and fathers
11. Decreases their chances of divorcing when they get married
12. Less likely to become pregnant as a teenager or impregnate someone
13. Less likely to be sexually active as teenagers
14. Less likely to contract STD's
15. Less likely to be raised in poverty



“Finish each day and be done with it. You have done what you could. Some blunders and absurdities no doubt creep in. Forget them as soon as you can. Tomorrow is a new day. You shall begin it well and serenely.”

Ralph Waldo Emerson

Children in their middle years treasure their families and feel they are special and irreplaceable. Families need to provide their children with a sense of belonging and a sense of unique identity. Families are, or should be, a source of emotional support and comfort, warmth and nurturing, protection and security. Family relationships provide children with a critical sense of being valued with a vital network of historical linkages and social support. Within every healthy family there is a sense of giving and taking love and empathy from every family member.

Every family should have their own goals and aspirations. Every person in that family should feel special and be encouraged to pursue his or her own dreams; a place where everyone in the family can flourish. Although there may be conflicts in families, all family members should feel as though they can express their feelings openly and have their opinions listened to with respect and understanding. In fact, conflict and disagreements are a normal part of family life.

The family is there to instruct and guide children about personal values and social behavior. It instills discipline and helps them learn codes of conduct that will serve them for the rest of their lives. It helps them develop positive interpersonal relationships, and it provides an environment that encourages learning. Families give children a sense of history and a secure base from which to grow and develop. Every parent knows it takes hard work to keep the family going as an effective, adaptive and functional unit. Keep up the good work.

Source: US Department of Health and Human Services