

CONNECTIONS

A weekly newsletter brought to you by

Kids Path

a service of AuthoraCare Collective

Strong Families

Our Kids Path team hopes that you have been finding Kids Path Connections helpful and fun. We enjoy working together to bring you new information, resources and activities. Our plan going forward is to provide new material bi-weekly. Friday, May 15 will be our next edition. We invite you to look at the previous issues and share them with others.



These are challenging times, and we see family members doing their best to adapt to the changes. We are amazed at the resiliency of families that we have come to know. All families have challenges, but also have strengths and areas in which they are learning and growing. Remember---there are no perfect families!

The definition of “family” can mean different things to different people. Many people call the people related to them, their family. Other families are composed of people who may not be related, but who share a connection and history. Family members typically care about each other and function together to accomplish goals and tasks. A major goal of families is to provide a safe and healthy environment—both physically and

emotionally—for children as well as for adults.

This weekend we honor those of you who are mothers, grandmothers, aunts and others who care for children. Children whose mothers have died may be struggling with a mixture of emotions. Strong families recognize that being able to express emotions in healthy ways is essential for children to be able to grow and develop.

We hope you will encourage children whose mothers have died to find ways to share their feelings and recognize their loss. This can be visiting the gravesite, looking through photos, or sharing memories at mealtime. You too may be missing your mother. We encourage you to honor your own loss while serving as a role model for the children in your family.

The following web sites offer ideas on what helps build strong families. We hope you will explore the sites and catch up on any of our previous issues.

[5 Things That Strong Families do Every Day](#)

[Routines, Rituals, and Relationships](#)

[Six Qualities of Strong Families](#)

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