

## Card 4: The family over generations

### Introduction

A family is a close-knit group where everybody affects everybody.

As a parent you bring with you different role models and cultural traits from earlier generations. When you establish a new family together different questions arise on how you would like to do the best for your child. How would you for instance like to spend your holidays, how would you like to raise your child, what kind of habits would you like to strengthen? These things you can create together as a family.

### The family changes over time

Equality and participation create conditions for a more secure attachment between children and adults. That's why children in families where both parents are equal generally feel better psychologically and physically. Research indicates that equality in parenting also has an effect on risk-prone behavior on the children later in life, for instance regarding substance abuse.

The parents generally also have higher wellbeing in families where everyone is equal. Families where household work and childcare responsibilities are more equally distributed report higher wellbeing and the parents run less risk of burnout or divorce, amongst other things.

### Aim of this meetup:

Make visible the patterns you would like to keep from your childhood family and the patterns you would like to let go of.

To make visible to yourself the things you enjoy with your families and what bothers you.

### Re-connect to last meetup:

What did you bring with you from last meetup?

Is there anything you still would like to discuss?

### Warm up — Finish the sentence with the first thing that comes to mind

- The best thing about my family is...
- What I worry about most regarding my family is...
- At the moment our best times together as a family are...
- In the family we most often discuss...
- What we do best together in my family is...
- What we should change is....
- The best thing about my original family was...

## Discuss in the group or with your partner

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### Discussion 1:

In what way is your current family similar or dissimilar to your childhood family? (you can compare with your own parents and even your grandparents generation)

#### Possible follow up:

- *Is your family open to change and differences?*
- *How do you think your own parents would respond to above question?*
  - *How can this be explained?*
- *Who took most care of you as a child?*

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### Discussion 2:

Reflect on your role as a parent today compared to earlier generations

#### Possible follow up:

- *In what way has it changed?*
- *Would you like to do a family tree?*  
*Example can be found in attachments*

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### To sum up:

*Is there something that you would like to discuss more?*

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### Discussion 3:

Do you have other cultural patterns or traditions in your family now compared to your childhood family?

#### Possible follow up:

- *If change has happened, when did it happen?*
- *For who does it takes longest to accept change in your family?*
- *Who is most pleased with change in your family?*

### Homework:

If possible ask something of a family member that you don't know and is curious about

- *What is the story behind your name?*
- *If you got to wish anything for your family what would it be?*
- *Reflect together on how you create a new "family-system" in your family by combining old ones and creating new things*