



# Creating an Organized Family to Add Peace and Harmony at Home

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# WHAT DOES AN ORGANIZED FAMILY LOOK LIKE?



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→ **Creates Better  
Relationships**



# WHAT IS DOMESTIC HARMONY?

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Domestic Harmony is the measure of the experience of perceived harmony in family functioning and the corresponding home environment.

When practiced by all family members, it is the underlying dynamics and patterns of interaction between family members that make living together an appreciative experience.

# WHAT IS DOMESTIC HARMONY?

**Interpersonal Trust**  
**Relational Binding**  
**Family Unity**  
**Interpersonal Support**  
**Emotional Dependence**  
**Care and Concern**  
**Sharing**  
**Freedom and Space**  
**Mutual Understanding**  
**Parental Role Models**  
**Efficient Communication**  
**Common Life Expectations**

**Emotional Expressiveness**  
**Shared Activities**  
**Interpersonal Compatibility**  
**Patience and Tolerance**  
**Cooperation**  
**Democratic Decision Making**  
**Conflict Resolution**  
**Mutual Understanding**  
**Equal Love and Affection**

# EXPECTATIONS FOR FAMILY MEMBERS THAT CONTRIBUTE TO DOMESTIC HARMONY

Parental Example  
Responsibility  
Effective Discipline

Shared Activities  
Decision Making  
Trust

# PARENTAL EXAMPLE

How do you treat yourself, your environment and those around you?

How do you manage your time and belongings? Are you a good steward?

Do you approach life in a thoughtful, disciplined, and structured manner?

Do you build positive habits and behaviors that you want your children to emulate? What values do you exhibit?

**CHILDREN MIRROR THEIR ENVIRONMENT**

# BUILDING RESPONSIBILITY

## (and self esteem)

How do you engage your children in their familial role?

Have you defined your expectations of them as a member of the family?

Do you acknowledge their efforts and offer the appropriate praise or correction?

Are your actions contributing to feelings entitlement or over-indulgence?

# DECISION MAKING

Do you hold weekly or monthly family meetings to discuss schedules, concerns, or challenges allowing your children's input?

Do your children understand the consequences of their decisions and are they allowed to face those consequences?

In your executive role as a parent, do you teach mercy as well as justice?

Do your children have equal voices?

# SHARED ACTIVITIES

How do you engage your children in family activities?

Do you eat dinner together every night?

Are there certain activities where your children's attendance is non-negotiable?

How do you determine which activities to participate in?



# EFFECTIVE DISCIPLINE

Do you administer discipline in a firm, fair, reasonable, consistent and loving way without yelling or being emotionally driven?

Does your form of discipline allow your child to develop a healthy conscience, an internal sense of responsibility and control, and instill values?

Are your strategies age appropriate?

# TRUST

Do you show your children that you trust them to make sound choices and decisions?

Do you encourage respect and support between siblings?

Can your children trust you to comprehend their needs and address them?

Can your children trust you to provide an environment wherein they have a voice and the ability to develop their own identity?



# ORGANIZED FAMILIES AND DOMESTIC HARMONY

**Such well-balanced familial relationships, indicative of positive family functioning, result in a stable home environment in which the various elements constituting the family, form an overall pleasant and peaceful whole, representing a harmonious and unified solidarity.**