

# Family Teambuilding

*Building Success and Conquering Obstacles*



## The importance of being part of a family team.

The structure and make-up of today's families are diverse with many variations. However, no matter what the make-up of a family is, that family is a team. Each family member plays



a unique role in the structure and function of that family unit. In a family each individual's strengths, talents, traits, and personality contribute to being part of the family team. As in a team sport, every family member contributes, has a function, and a role to play. Being part of a family team is very important! Being part of a close family sets the stage for future

relationships, provides someone that you can count on in difficult times, is a source of affection, guidance, and encouragement, fosters a sense of belonging, is linked to positive mental health outcomes, translates to better academic and job performance, and can help teach important values and life lessons.

## The importance of bonding and spending family time together

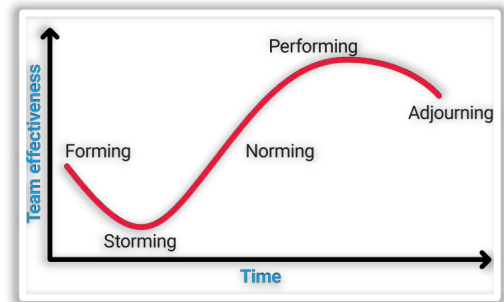
Bonding and spending time together as a family has many health and emotional benefits.

Parent/Child quality and sharing time boosts self-confidence, improves mental health and self-regulation, lowers risks of behavioral issues, helps children academically, teaches effective conflict resolutions skills, promotes resiliency, teaches adaptive behavior, reduces stress, and supports physical health and wellness. Did you know? Healthy relationships may increase a person's lifespan up to fifty percent!



# Family teambuilding and teamwork helps in times of difficulty

A family's offering of stability, history, guidance, unconditional love, and emotional support are often needed in difficult times. [Tuckman's model](#) of team development goes through five stages (forming, storming, norming, performing, and adjourning) of evolution that can be used to describe a group's formation and/or applies to a family team facing a challenge or crisis. The most common identified problems for families are chronic arguments, impactful parent decisions, balancing home, and work, getting the family organized, poor communication, existing family stressors, division of labor, and being away from family and home. Family teambuilding, teamwork, and connectedness are buffering mechanisms in difficult times.



## Family teambuilding helps children develop future skills



According to current research, executive function skills and social-emotional competencies are highly valued by [future employers](#).

Teamwork, self-control, adaptability, critical thinking, problem-solving, and working memory are essential skills for every child to learn. All parents can encourage their child's development in these areas by emphasizing the importance of being part of a team, building their confidence, practicing teamwork at home, encouraging fair play, building safety and trust, giving attention, working together, and making sure that the he or she feels important, validated, and loved.

## *Move Together!*

### Playing together builds the team, that builds the Dream.

Do you know what a [Human Knot](#) is? Have you ever played [Protect the Castle](#), or gone on a [Trust walk](#)? Research shows that children gain more life skills at home than they do anywhere else. Playing games like those listed in the [30-day Family Teambuilding Calendar](#) that involve thinking, communicating, working together, and physical activity helps build the family dream. Parents playing and exercising with children encourages good habits, supports family bonding time, provides an opportunity for encouragement, builds teamwork and trust, and supports social and emotional health.



Playing together as a family has many physical, social, emotional, and intellectual benefits. It helps us feel good!

The success in family teambuilding lies in having lots of fun, open communications, and doing things together. There are many physical, social, emotional, and mental health benefits that result from engaging in variety of family teambuilding activities. Benefits that can be observed and measured are gains in focus, sleep and relaxation, improved stamina and physical fitness, better nutrition and appetite/food consumption practices, an increase in work tolerance and productivity, better emotional control and regulation, and an increase in resilience and the ability to handel change.



## ***Think Together!***

***Working to a build a strong family team through planning, communication, hard work, and connectedness.***

As within a sports team, family teambuilding takes discussion, trust, the ability to plan together, clear communication, and the willingness to work together. The pillars of effective family team building include:

- \* Having a shared vision (Mission Statement)
- \* Building Trust between family members
- \* Establish clear expectations and guidelines
- \* Fostering Strong communication
- \* Teaching problem-solving
- \* Teaching conflict resolution
- \* Fostering the appreciation of diversity
- \* Encouraging the building of leadership skills
- \* Celebrating Successes
- \* Learning from challenges and adversity
- \* Encouraging, mentoring, and providing appropriate modeling of behavior



## ***Be Together!***

Making it work every day by working together as a TEAM!



Help them learn, practice, and build a healthy family bond through teamwork, connectedness, family time. Spend time together by:

- Holding regular family meetings
- Planning your day together
- Preparing and having mealtimes together
- Taking day trips together
- Doing a staycation together
- Taking a walk or nature hike together
- Spending quiet time together
- Reading or having a book study together
- Painting, coloring, or drawing together
- Playing in the mud or in the sand together
- Setting up an obstacle course in your driveway
- Playing board games together
- Exercising together
- Participating in family retreats and daily teambuilding activities
- Participating in outdoor activities and sports as a family
- Participating in family chores, building, gardening, and/or landscaping projects
- Volunteering for school, neighborhood, and/or community service projects
- Visiting relatives, friends, neighbors, and seniors together as a family

*“The only rock I know that stays steady, the only institution I know that works, is the family.”*  
Lee Iacocca



**Time for reflection**--Could your family benefit from family teambuilding? The first step is to identify family teams' strength, weaknesses, and needs. Are there conflicts among family members that are creating friction, stress, or division? Do family members need to get to know one another better? Do some family members focus on themselves and disregard the needs of others? Are there misunderstandings and poor communication

that affect the family's culture? Do any family members act only as individuals and have difficulty working with others? Do some family members affect the family's ability to progress, grow, and participate in new things because they are resistant to change? Does your family need a boost?



**Time for Action**--If you decided that your family team needs a boost, or even a tune-up, be bold, **have the talk**, make the plan, and implement it together 😊 as a team!



**Nick Jaskiw** currently serves as a School Psychologist for *Newaygo County Regional Educational Service Agency (NC RESA)* where he provides consultation at the county, regional, and state-level regarding school-based mental health integration. Before this appointment, for five years, Nick served as a School Psychologist/ Administrative Consultant for the Montague Area Public Schools where he provided leadership in the development and implementation of the district's Intensive Student Support Network, and System of Care initiative. Nick supports his current district with over 30 years of experience and service in Michigan's educational system. Nick has served school communities, both at the

ISD and local levels, as a Central Office Administrator, a Special Education Planner/ Monitor, a Program Supervisor, Building Principal, and Grants and Special Projects Manager. Nick is proactive at both the state and regional levels as witnessed by his subcommittee involvement with the Governor's School Safety Taskforce (2018), and in his leadership role, as the co-facilitator of the West Michigan Regional Suicide Prevention Alliance. Nick also serves on both the Muskegon County Resiliency Group and Suicide Prevention Coalition. In the past, Nick served for many years as an adjunct faculty member at Saginaw Valley State University and Central Michigan University. Teaching and developing future educators and leaders have always been a passion of his. Community building, collaboration, and involvement are also very important to Nick, he has and continues to serve on various boards such as the Manistee County United Way, the Manistee Area Public Schools Board of Education, and most recently the Michigan Great Lakes Virtual Academy Board of Directors. Nick and his wife Nancy reside in Manistee and have been blessed with five adult children and six grandchildren. Nancy also serves the Reeths-Puffer School District as a school psychologist. Both Nancy and Nick are graduates of Central Michigan University, CMU's School Psychology Program, and completed their administrative certification work at Grand Valley State University (GVSU). Nick is the current *Michigan Association of School Psychologists (MASP)* President.

