

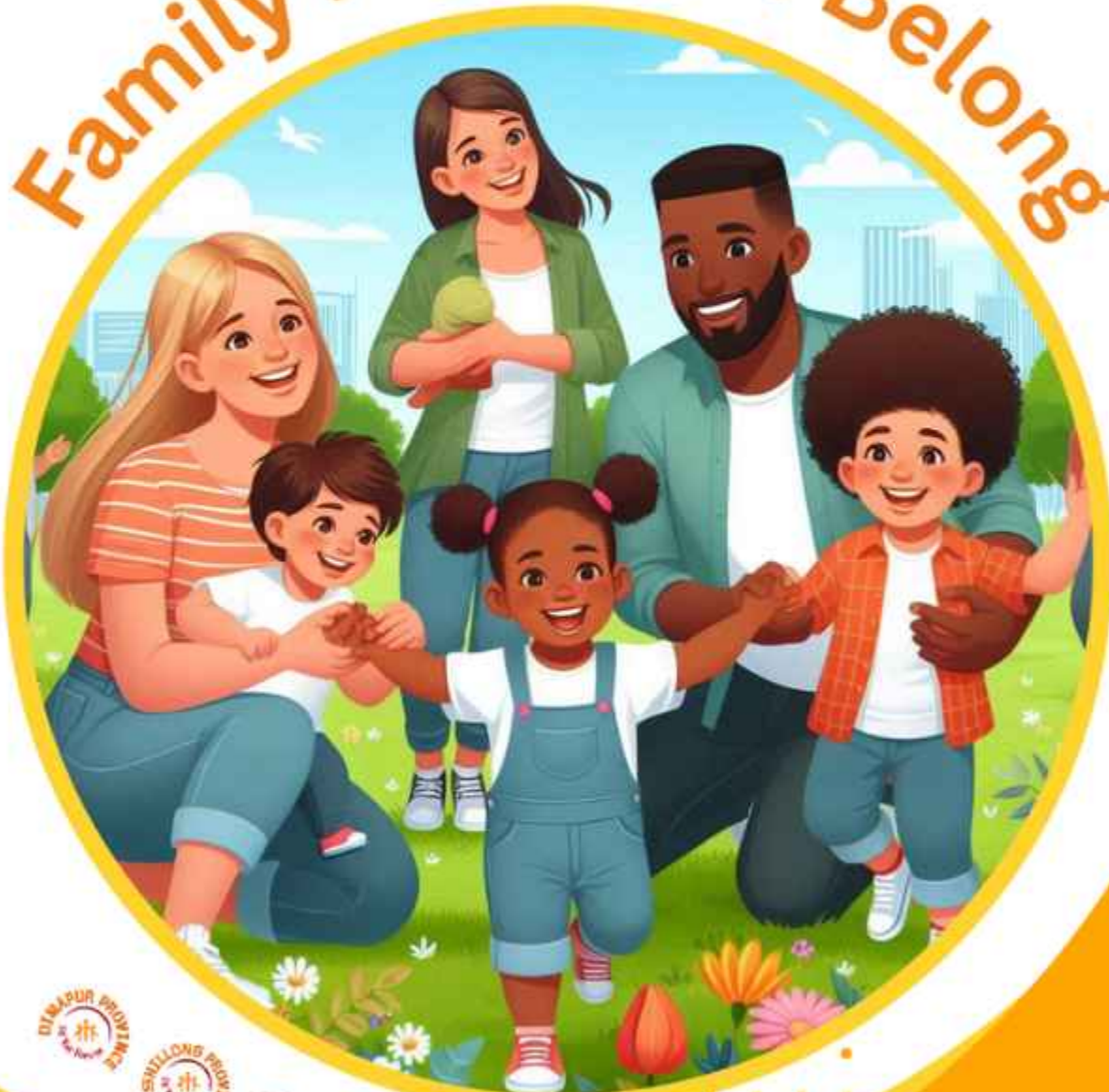


YaR DAY 2024  
& CAMPAIGN



## EXPRESSING FAMILY LOVE & CARE

Family is Where I Belong



#KeepMeSafe

#MyFamilyMyRight





## Introduction

*"YOU DON'T CHOOSE YOUR FAMILY. THEY ARE GOD'S GIFT TO YOU, AS YOU ARE TO THEM"-DESMOND TUTU*

Love has no boundary nor has any selection for anybody. Love has different forms of expression in different ways. Love is a word that can be used in so many ways that it can be difficult to know which meaning is most accurate. Some people believe love comes from a higher power or is necessary for survival.

Expressing love and care within a family requires clarity, thoughtfulness, and sensitivity. Expressing love and care in a family is about creating a nurturing, supportive, and affectionate environment. Here are some meaningful ways to show love and care within a family, which help strengthen relationships and foster a sense of belonging:

Family love is a particular kind of love that frequently entails special emotions, actions, difficulties, and benefits. It can be beneficial to assume responsibility, promote healthy growth and independence, show kindness, schedule time for one another, communicate clearly, and engage in constructive dispute resolution techniques in order to build strong relationships among family members.





### What is Family?

A family is a group of people related by blood, marriage, adoption, or strong ties of affection, support, and trust. Although parents and their kids are typically included, other family members such as grandparents, aunts, uncles, cousins, or even close friends who offer support and affection can also be included.

Families can take several forms, based on various cultural origins, values, and organizational structures. They are essentially designed to encourage and foster personal development and give each member a sense of belonging to promote their growth and well-being.

When discussing family love, "love" is a relationship marked by strong affection, devotion, respect, and a healthy attachment. Relationships inside the family may differ from other kinds of bonds.



### Building Family Love

Parents and Caregivers are usually the first to make the decision to practice healthy family love. Usually, it takes careful planning and commitment to make it happen. Building wholesome family love throughout a family's life may be accomplished in several ways.

A few practices can help our children who stay with us in the Child Care Institution (CCIs). As we know caregivers and the domestic staff are the parenting role played and they are the acting parents for the children. We have every right to discipline the children movement and their daily activities.





**Form Healthy Attachments** - Children can learn to form strong bonds through responsive parenting or caregiving. Secure attachment fosters better social skills, healthier relationships, and improved mental and physical health.



**Take Responsibilities** - In a Child Care Institution or the hostel, each member is taught to accept responsibility for their actions. The children can be given a timetable or in charge of little things to make them into responsible persons.



**Encourage healthy development and independence** - As children grow, they develop new skills and abilities. Adolescents gain more freedom to explore and choose activities outside home or school. Encouraging them to join competitions and public events helps nurture emotional stability and healthy development.





**Be Kind** - Kindness is often underestimated but reflects healthy family affection. Genuine kindness grows when self-worth is balanced with consideration for others. Institutes and hostels provide ideal settings for children to learn and practice good virtues through caring for one another.



**Make Time for Each Other** - Families who live together but spend little time connecting may struggle to build healthy bonds. When parents are too busy to engage with their children, it can lead to a lack of emotional connection and challenges for the kids. Home charges and institution superiors can encourage shared activities to foster involvement and stronger relationships.

For many families, resolving conflicts can be quite difficult. By developing communication skills, healthy families can increase affection, love, and understanding. Families with effective communication tend to have fewer disputes and settle them more quickly when they do arise.

To strengthen these bonds, let's play a game that brings family and friends together to share the joy of appreciation, and love, and create unforgettable memories.



## The Love Light, a game

A heart- warming family /friends activity to express love and appreciation.

### Time Needed:

25-30 minutes

### Age Group:

-7 Years onwards

### Materials Needed:

- Comfortable seating arranged in a circle
- An item like a softball or stuffed toy to pass around

### How to Play

#### Setup:

- Gather your family/friends/group in a circle
- Explain that everyone will take turns being the " Love Light"
- Play soft music

#### Steps:

- Choose the first "Love Light" from the family members/group
- Ask them to close their eyes
- Going around the circle, each family member once at a time
- Drop the toy to the person setting on the chair
- Share one specific thing they love about the person
- Uses " I love or " I appreciate "Statement
- Gives concrete examples



## The Love Light

To strengthen these bonds, let's play a game that brings family and friends together to share the joy of appreciation, and love, and create unforgettable memories

### Example Statements:

- "I Love how you help me with my homework"
- "I appreciate your funny jokes at dinner"
- "I love playing catch with you in the garden"
- "I appreciate your warm hugs when I'm sad"

### Tips for Parents/Care Takers:

- Guide younger children with sentences like:
- What makes you smile about {name of loved one}?
- What's your favourite thing to do { name of the activity}?
- Encourage specific examples rather than general statements
- Join in enthusiastically to model appreciation

### Benefits:

- Strengthens family bonds
- Builds self-esteem
- Teaches emotional expression
- Creates lasting positive memories

### Variations:

- Use a special "talking stick" or soft toy to pass around
- Add gentle background music
- Make it a weekly family ritual
- Write down the appreciation in a family journal





*A few tips that we can make use of for our healthy family and healthy atmosphere and relationship with our dear children and close family member as follows:*



**Listen actively**



**Speak with kindness**



**Encourage honesty**



**Enjoy family activities**



**Celebrate milestones**



**Be patient and understanding**



### DREAM TURNS INTO REALITY

Suraj was a 16-year-old boy who lived in a small traditional village called Chota Nagpur. His family didn't have much money, and his parents worked hard in the fields daily. Suraj had three brothers, but none of them went to school because it was too expensive. Also to support the family none of them were encouraged for school.

Still, Suraj had a big dream to be someone in life—he wanted to study and go to school like the other kids in his village. To make his dream into reality. One day, he stood outside a school and saw the students singing during their morning assembly and other activities by the children of his age. Suraj felt so excited! He ran home and told his mother about his dream. She gave him a tight hug and said, "We don't have money, but if you really want this, we'll find a way."

Suraj thought for a moment, what are the ways that he could make it come true his dream. Suraj decided to work hard. He had no means but he noticed that many fishermen came to the river near his house. So, he sticks to his idea to go for fishing. He started fishing early every morning and sold fish at the market. His family helped him—his brothers fixed his fishing net, and his mother always encouraged him. Even when some neighbours laughed at him, his family stood by his side.

After a whole year of saving, Suraj finally had enough money to buy schoolbooks, and a uniform, and pay the fees. His mother stitched his uniform lovingly, and his brothers cheered him on as he walked to school for the first time.

Every day, Suraj came home excited to share what he learned with his family. His dream wasn't just his anymore—it became everyone's dream. With love and support, Suraj showed that anything is possible if you work hard and have your family by your side.





## In Conclusion

According to the bible quote taken from the book of 1 Corinthians 13:4 “*Love is patient, Love is Kind. It is not jealous, Love is not pompous, it is not inflated*”. Love and care in a family are expressed not just in grand gestures but also in everyday moments of our day-to-day activities. It’s about being present, supportive, and kind in all interactions. Each act of love, no matter how small, contributes to a strong, loving family bond that endures over time. Each person is unique in his ways so it’s time to accept as they are with the qualities they possess.

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