



# Family Life Merit Badge

Scouts BSA





- Safety

- Follow your family's rules for going online
- Protect your privacy
- Do not open emails or files from people you do not know or trust
- If you receive/discover information that makes you uncomfortable, leave it and tell your parents
- Do not believe everything you see or read online
- NEVER agree to get together with someone you "meet" online
- NEVER give personal information like email, phone number, address
- NEVER share your Internet passwords with anyone
- NEVER shop online unless you have your parent's permission to do so
- Be a good online citizen

# Requirement 1: Family

- ❖ Basic unit of society
- ❖ Important to individuals and communities
- ❖ Small groups where we learn our first and most important lessons about how to exist happily in the larger society
- ❖ Foundation of community



# Family

- ❖ People who care for one another
  - Give and receive love
  - Support one another, show loyalty
  - Share language, food, heritage, culture, faith, religion
  - Feed, clothe, shelter each other
  - Reach out and share sad and happy times
  - Talk and listen to one another
  - Share ideas, thoughts, concerns
  - Share fun and sorrow
  - Help heal one another
- ❖ Foundation for physical, emotional, social, intellectual, and moral development
- ❖ Strong communities reflect the actions and values of strong families

# Family

## ❖ Family Structures

- One parent family
- Two parent family (Nuclear family)
- No parent family
- Blended family (step parent/step siblings)
- Extended family
- Foster family
- Adoptive family
- Long distance family
- Large family
- Small family
- Childless family

# Family Structures

- ❖ Nuclear: 2 parents and children
  - SAHM or SAHD or both parents work
- ❖ Single parent: by choice, widowed, divorced
- ❖ No parent: someone else has guardianship, temporary or permanent
- ❖ Blended: step parent, step children
- ❖ Extended: grandparents, cousins, aunts/uncles live with you
- ❖ Foster: not related, arranged by government
- ❖ Adoptive: not biologically related
- ❖ Long distance: lives away from you
- ❖ Childless: by choice or due to infertility

# Family

Who is YOUR family?

Each family has their own values, discipline, and ways of dealing with issues

There is not one perfect family style

Grace and Courtesy, Love and Support are important in a family



# Positive Family Traits

## ❖ Love

- Words, Deeds, Actions
- Caring for one another unconditionally

## ❖ Security

- Physical and Psychological Safety
- Stability, Encouragement, Guidance, Training

## ❖ Acceptance and Respect

- For yourself and others
- Recognize each person's strengths and limitations

## ❖ Mutual Trust

- Actions and Decisions determine earned and kept trust.....NOT WORDS
- Good Boundaries/Consistent Guidelines



# Positive Family Traits

- ❖ Good Relationship and Communication Skills
  - Listening and Talking
  - Respect opinions, cooperate/compromise, sensitive and responsive to each other
  - Takes work and practice
- ❖ Shared Roles and Responsibilities
  - Interdependence and Reliance
  - Teamwork makes the Dream work
- ❖ Cooperation and Interdependence
  - Shared Responsibilities and Defined Roles/Expectations
- ❖ Time Spent Together
  - Creating a bond and shared experience
- ❖ Good Management Skills
  - Financial, Organizational



# Requirement 2: You

- ❖ Why you are important to your family? Discuss with your family.



# Requirement 3: Regular Home Contributions

- ❖ Prepare a list of contributions (at least 5)
- ❖ Do them for 90 days
  - keep a record/log/excel sheet
- ❖ Describe the effect these contributions had on your family



## Age-Appropriate Chores for Children



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### Ages 2-3

- Put toys in toy box
- Stack books on shelf
- Place dirty clothes in laundry hamper
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

### Ages 4-5

- Feed pets
- Wipe up spills
- Put away toys
- Make the bed
- Straighten bedroom
- Water houseplants
- Sort clean silverware
- Prepare simple snacks
- Use hand-held vacuum
- Clear kitchen table
- Dry and put away dishes
- Disinfect doorknobs

### Ages 6-7

- Gather trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Make salad
- Replace toilet paper roll

### Ages 8-9

- Load dishwasher
- Change light bulbs
- Wash laundry
- Hang/fold clean clothes
- Dust furniture
- Spray off patio
- Put groceries away
- Scramble eggs
- Bake cookies
- Walk dogs
- Sweep porches
- Wipe off table

### Ages 10-11

- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Deep clean kitchen
- Prepare simple meal
- Mow lawn
- Bring in mail
- Do simple mending (hems, buttons, etc.)
- Sweep out garage

### Ages 12 and up

- Mop floors
- Change overhead lights
- Wash/ vacuum car
- Trim hedges
- Paint walls
- Shop for groceries w/list
- Cook complete dinner
- Bake bread or cake
- Do simple home repairs
- Wash windows
- Iron clothes
- Watch younger siblings



## Cleaning Schedule



### Daily

#### Bedrooms

- Straighten up
- Make the beds

#### Bathrooms

- Clean the mirrors
- Clean the toilet seat + bowl
- Wipe down the tubs/showers
- Wipe down the counters + sink

#### Kitchen

- Wash dishes/load dishwasher
- Disinfect countertops
- Wipe down the sink
- Sweep the floor
- Empty the trash

#### Dining Room

- Wipe down the dining table

#### Family/Living Room

- Straighten up
- Wipe down tables

#### Home Office

- Sort mail

#### Laundry Area

- Do laundry

### Weekly

#### Bedrooms

- Clean/change the sheets
- Vacuum
- Dust

#### Bathrooms

- Wash the floor + vacuum rugs
- Deep clean the toilets
- Disinfect knobs, handles, + faucets
- Clean the sinks
- Scrub the tubs/showers
- Empty the trash
- Dust

#### Kitchen

- Check for expired food
- Wipe down the fridge shelves
- Wipe down appliances + cabinets
- Wash the floor + vacuum rugs

#### Dining Room

- Vacuum
- Dust

#### Family/Living Room

- Vacuum
- Dust

#### Home Office

- Vacuum

### Monthly

#### Bedrooms

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans

#### Bathrooms

- Wash windows
- Clean blinds/curtains
- Wash the showerhead

#### Kitchen

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans
- Deep clean appliances

#### Dining Room

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans

#### Family/Living Room

- Wash windows
- Clean blinds/curtains
- Clean ceiling fans
- Wipe down electronics
- Vacuum couch + chairs

#### Home Office

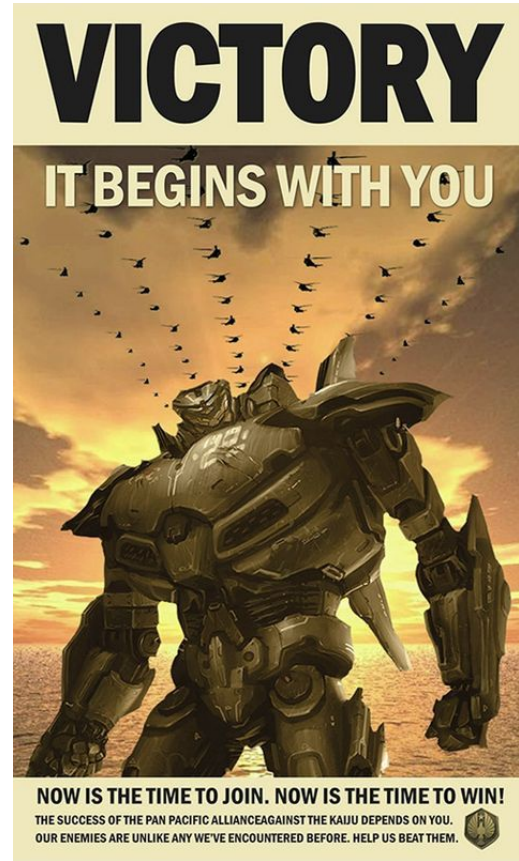
- Wash windows

# Requirement 4: Home Project

- ❖ Decide on and carry out a project
  - ❖ Outline how it benefited the family
- ❖ Examples
    - Organize closet or garage/attic/ basement
    - Paint a room
    - Prepare a meal
    - Wash windows
    - Wash baseboards
    - Detail a car
    - Mulch garden beds
    - Rake yard
    - Prune trees and shrubs
    - Build/place bird feeders or bat boxes
    - Deep clean the carpets
    - Deep clean the kitchen
    - Read to a sibling
    - Help sibling with homework

# Requirement 5: Family Project

- ❖ Plan and carry out project that involves family participation
- ❖ Discuss the goal of project, how family members participated, results of project



# Family Project

- ❖ Prepare a week's worth of meals for family or someone else
- ❖ Help at a Food Bank
- ❖ Assist Community Beautification Project
- ❖ Assist at Animal Shelter
- ❖ Collect Clothing and Other Items for Donation
- ❖ Plan a Program for People in Long-Term Care
- ❖ Plan/Conduct a Yard Sale
- ❖ Organize neighborhood decoration: Flags, Uplifting Signs, Teddy Bear Hunt, May Flower Hunt
- ❖ Create a program to distribute care packages to frontline workers
- ❖ Organize Weekly Family Night
- ❖ Bake Sale to benefit a local organization



# Family Project

## ❖ Plan and Execution

- What did you do?
- Why?
- Who benefited?
- What did you need?
- How did you do it?
- When did you do it?
- Did you need permission?

## ❖ Evaluation

- What did you accomplish?
- How did you feel?
- How does your family feel?
- How did the person, community, organization, or family benefit?
- What worked well?
- What would you do differently?



# Requirement 6: Family Meeting

- ❖ Plan and Carry Out a Family Meeting
  - Scheduled time
  - Written agenda
  - Appoint a meeting leader
    - Include as many family members as possible and as appropriate to the topic
  - Discuss situations and behavior...NOT people
  - Avoid sibling “attitudes”
  - Members must listen without interrupting, may raise card or hand to speak
  - Stay serious and positive/pro-active
    - NOT a gripe session
  - Write down conclusions on each topic

# Family Meeting

## ❖ Problem-Solving Process

- Identify the problem
- Identify options
- Evaluate options
- Choose the best option
- Make a plan

- ## ❖ Good for conflict resolution: keep emotions under control, stick to the issue, avoid blaming/name-calling/making accusations



# Family Meeting: Required Subjects

- ❖ Avoiding Substance Abuse
- ❖ Understanding the Growing-Up Process, Body Changes, Responsible Decisions About Sex
- ❖ Home Contributions/Chores
  - How Helping (Requirement 3) Contributes to Your Role in the Family
- ❖ Personal and Family Finances
- ❖ A Crisis Situation within Your Family
  - Death, Damage, Burglary, New House, New Job, Divorce, Illness
- ❖ Effects of Technology on Your Family
  - Impact, Advantages, Disadvantages, Abuse
- ❖ Importance of Good Etiquette and Manners

# Requirement 7: Effective Parent

- ❖ Spends quality time with partner and children: Shares time, talent, ideas
- ❖ Listens actively to partner and children
- ❖ Provides love and emotional support
- ❖ Offers encouragement and builds confidence
- ❖ Solves problems
- ❖ Stays cool under pressure
- ❖ Sets a good example
- ❖ Offers guidance, boundaries, and discipline

# Effective Parent

- ❖ Provides financial, physical, and emotional security/stability
- ❖ Teaches independence and responsibility
- ❖ Teaches social skills
- ❖ Provides educational and recreational experiences
- ❖ Teaches values
- ❖ Nurtures faith, spirituality
- ❖ Preserves cultural traditions



