

Hints for Happy Family Living

HB London, Jr, Focus on the Family, The Shepherds' Covenant Encourager, Nov 9, 2009

Dr. Frank I. Luntz is a noted pollster who appears regularly on Fox News. In addition, he speaks around the country on subjects that are of great interest to most of us because he has researched trends that will affect you and your family.

He has a new book out published by Hyperion (2009) — entitled *What Americans Really Want ... Really: The Truth About Our Hopes, Dreams, and Fears*.

In his book, he details some really remarkable findings on the very high values young adults place on **family and faith**. For instance, for young adults in America:

- A happy family is their first personal priority.
- They are most concerned about their children's spiritual growth than any other values.
- Churches are their second most important national institution, after schools.

On another topic, Luntz did some research in cooperation with Columbia University, determining which **parental habits** are most likely to lead to healthy children. Here they are:

1. Have family dinner at least five times a week — no media, no interruptions.
2. Attend church or synagogue together weekly.
3. Check your child's homework nightly.
4. Know where your children are, what they're doing and demand the truth always.
5. Take family vacations away from regular routines and devices for at least a week.
6. Encourage participation in team sports.

Now, this study was not commissioned by a religious-leaning organization, but the answers just represent a common sense approach to successful family living.

As I was writing these thoughts to you, a new idea popped into my head. What if three minutes of every weekend worship service were given to either you, a staff member, or a mom or dad from your congregation to share "Helpful Hints for Happy Families"? This would be just a short suggestion for families in your services to "take away" with them and put into practice during the week. Many of the families in your church are frantic to find any help available to lead their homes out of chaos. You could be that source for them. Try it, please.

Have a good week.

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