**Family life**

 A family is the most basic and ancient of all institutions. What characteristics are common to all families? Firstly, the family consists of a group of people related to one another. Secondly, its members live together for long periods. Thirdly, the adults in the family are responsible for the children. Why does a person need a family?

Communication, togetherness, sharing activities, affection are typical in families that function well. Moreover, family provides security, comfort and emotional support.

 But what makes a good family? No doubt, many things do. But love and communication are the most important ones. Love to each other, respect, support – these values make us stronger

 Communication into the family is very important because it enables members to express their needs, wishes and concerns to each other. Families are all about communication and compromise. One person needs one thing, while another person has very different priorities. Open communication is the key to success.

Good families often have some traditions. Many families celebrate important events in their lives such as birthdays, weddings or the first day of school. Following and building new traditions can bring a family together. Rituals of bedtime stories, hugs, family reunions, holidays provide a sense of safety. One of the simplest and most effective family rituals is sharing meals. Unfortunately it is becoming less and less common. Actually, shared dinner times are a good way to support children’s development.

 I live in an extended family. There are four of us. I know my parents love me. So do I. Their love protects me in our difficult life.