

National Association of Catholic Family Life Ministers (NACFLAM) Stages of Family Growth Life Cycle

Cultural and ethnic backgrounds play an important role in how these stages, rewards, challenges, etc., are understood and handled. Divorce, death, remarriage or a catastrophic event may interrupt this growth cycle at any point and thus raise other rewards, challenges, spiritual tasks and needed resources.

Stage	Reward	Challenge	Spiritual Task	Ministry Resources
<i>Single Adult Family</i>	<ul style="list-style-type: none"> ➤ Autonomy ➤ Intimacy with peers ➤ Career plans ➤ New relationship with family of origin ➤ New experiences 	<ul style="list-style-type: none"> ➤ Differentiate self and family ➤ Developing community of support ➤ Tasks of intimacy/skills ➤ Establishing start of career ➤ Loneliness 	<ul style="list-style-type: none"> ➤ Vocation discernment ➤ Dealing with moral values as an adult ➤ Establishing an adult faith relationship with God/community 	<ul style="list-style-type: none"> ➤ Young Adult Groups ➤ Adult Faith Enrichment ➤ Faith in Action Opportunities ➤ Vocation Education ➤ Young Adult Affirmation ➤ Mentoring Resources
<i>Establishing Family (Courtship/Marriage/Forming New Family Unit)</i>	<ul style="list-style-type: none"> ➤ Couple time ➤ Romance ➤ Freedom ➤ Intimacy/belonging 	<ul style="list-style-type: none"> ➤ Realign relationships with families of origin ➤ Adjustment to living together: sex, marital chastity, money, lifestyle, friends, work, religion 	<ul style="list-style-type: none"> ➤ Develop couple spirituality – entering the covenant relationship; domestic church ➤ Finding or forming a church ➤ Accepting/negotiating differences in faith expression 	<ul style="list-style-type: none"> ➤ Marriage preparation programs ➤ 2nd Marriage/Blended Family preparation ➤ Interfaith Marriage Ministry ➤ Natural Family Planning Resources ➤ Young Marrieds Support Group ➤ Marriage Enrichment Programs ➤ Married retreats, annual renewal of marriage vows
<i>First Child in Family</i>	<ul style="list-style-type: none"> ➤ Generativity ➤ Joy in watching child develop ➤ Enriched identity as a family 	<ul style="list-style-type: none"> ➤ Less couple time – making room for another in family system ➤ Less personal freedom ➤ New role as parent ➤ Develop new relationship to extended family, to own parents and to spouse/s parents/family ➤ Childcare 	<ul style="list-style-type: none"> ➤ Expand to family spirituality ➤ Develop religious traditions/rituals ➤ Awareness of vocation of parenting ➤ Expand generosity of service ➤ Nurturing couple relationship 	<ul style="list-style-type: none"> ➤ Marriage Enrichment programs ➤ Baptismal Preparation programs ➤ Young Marrieds Support Groups ➤ Family Prayer materials ➤ Values Education/Media Awareness ➤ Faith-based sexuality education ➤ Parish Parenting Program/Network ➤ Christian Sexuality Materials/Media
<i>School-Age Family</i>	<ul style="list-style-type: none"> ➤ Joy of seeing children develop, excel & form peer relationships ➤ Shared tasks in home ➤ Family bonding, shared memories ➤ Family's world expands 	<ul style="list-style-type: none"> ➤ Pressure/pull of school & outside activities on family ➤ Challenge of being primary religious & sex educators ➤ Less time for couple ➤ Dual Career/childcare issues ➤ Individual issues of each child ➤ Adjustment when last child enters school ➤ Adults dealing with issues of addiction, mid-life, family of origin 	<ul style="list-style-type: none"> ➤ Accept each child's strengths & limitations with grace ➤ Nurture couple relationship ➤ Teach/model values & morals ➤ Maintain healthy boundaries ➤ Incorporating faith practices ➤ Pass on faith to children through traditions, rituals, prayers, stories ➤ Family as "servant" community ➤ Making peace with family of origin 	<ul style="list-style-type: none"> ➤ School-age Parenting programs ➤ School-age religious education ➤ Family-centered enrichment ➤ Marriage Enrichment programs ➤ Ministry to Marriages in Crisis ➤ Divorce Ministry ➤ Single parent support/network ➤ Ministry for children with losses ➤ Family Counseling Services

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<i>Adolescence and Family</i>	<ul style="list-style-type: none"> ➤ Joy in watching child develop ➤ Beginning of new kind of relationship in family ➤ Increasing independence and competence in children 	<ul style="list-style-type: none"> ➤ Challenge to parental authority (negotiating) ➤ “Middlescence” meets adolescence Less time with extended family ➤ Continued mid-life challenge in marriage relationship with extended family ➤ Needs of aging parents add more pressure ➤ Teen rebellion, sexual issues, addictions, etc. 	<ul style="list-style-type: none"> ➤ Letting go of children while maintaining family unity, values ➤ Cooperate with larger church for adolescent faith development program (TEC, Search) ➤ New forms of family prayer and recreation 	<ul style="list-style-type: none"> ➤ Youth Ministry Programs ➤ Marriage Enrichment ➤ Ministry to Marriages in Crisis ➤ Ministry to Teens with Losses ➤ Parenting Teens Materials ➤ Drugs, Alcohol, Sex Education ➤ Media Awareness Training ➤ Parish Parent Support Systems
<i>Letting Go Family</i>	<ul style="list-style-type: none"> ➤ Friendship with children ➤ Parents’ entry into new arenas (career, volunteer) ➤ More time with spouse, friends 	<ul style="list-style-type: none"> ➤ Re-negotiating couple relationship ➤ Caring for own parents ➤ Extra financial burdens ➤ Breaking continuity of family 	<ul style="list-style-type: none"> ➤ Letting go, “healing the dream” ➤ Redefining spirituality of couple 	<ul style="list-style-type: none"> ➤ Bereavement Ministry ➤ Marriage Enrichment ➤ Ministry to Struggling Marriages ➤ Support for People Caring for Aging Parents ➤ Support for Dealing with Mid-life Issues ➤ Support for Widowed, Separated & Divorced
<i>Empty Nest Family</i>	<ul style="list-style-type: none"> ➤ Freedom: finances & time ➤ Children settling in ➤ Grandchildren ➤ Back to coupleness 	<ul style="list-style-type: none"> ➤ Loneliness ➤ Children returning home ➤ Letting go – pain of loss (evaluating self as parent) ➤ Entry of in-laws, grandchildren ➤ Unexpected parenting of grandchildren ➤ Preparing for and retirement 	<ul style="list-style-type: none"> ➤ Emphasize personal spirituality ➤ Exploring new opportunities ➤ Wisdom, acceptance, trust ➤ Dealing with own, spouses’ and parents aging ➤ Realizing relationships to include children’s spouses, in-laws and grandchildren 	<ul style="list-style-type: none"> ➤ Marriage Enrichment ➤ Support for Struggling Marriages ➤ Support for Widowed, Separated & Divorced ➤ Celebration of Aging Church Members ➤ Retirement Groups
<i>Aging Family</i>	<ul style="list-style-type: none"> ➤ Fulfillment in life ➤ Decrease in tasks, more free time ➤ New relationships with widows, friends ➤ Grandchildren 	<ul style="list-style-type: none"> ➤ Loss of energy, work, identity, health, spouse, family members and friends ➤ Shifting generational roles ➤ Staying connected with younger generation 	<ul style="list-style-type: none"> ➤ Acceptance ➤ Preparing for eternity, life review ➤ Integrates ➤ Emphasizing personal spirituality ➤ Wisdom, acceptance, trust 	<ul style="list-style-type: none"> ➤ Bereavement Ministry ➤ Outreach to Homebound Elderly ➤ Like-to-Like Social Group for Elderly ➤ Hospice ➤ Parish Nurses ➤ Reminiscence Opportunities for Older Church Members

Source National Association of Catholic Family Life Ministers (NACFLAM)