Ways to Build Strength in Law Enforcement Family Relationships

1. Never Stop Communicating With Your Loved Ones
   Communication, both verbal and nonverbal, is at the heart of every relationship. Whether it’s with a spouse/partner, a child, a parent, or a dear friend, in our harried and hectic daily lives, we can often forget how important simple conversations and connections are to maintaining a strong, healthy connection.

2. Respond Rather Than React
   Emotions are normal. Sometimes how you react to a situation or a conversation can create conflict and stress with your loved ones. Understanding what works best for you and your loved one’s state of mind when stress is hitting is crucial. Consider relating to the situation or the conversation and planning to return later, or invite your family to talk about the issue with you, and remember to stay positive.

3. Reduce Anxiety
   The daily life of a law enforcement family is chaotic, intense, and emotionally draining. It’s not unusual for long magnetic lights and long intense days and homes away from home and stresses to take their emotional toll. This reality impacts the daily life and stress levels of law enforcement families and children. When you at work for long hours and may come home stressed and exhausted after being exposed to potentially dangerous and emotionally taxing situations.

4. Address Children’s Concerns
   As a parent, you may need to assist in helping your children deal with “possibility” and “probability” if it’s possible that you could get injured on the job. It’s not necessary, in most offices to go to work and come home safely every day.

5. Practice Self-Care
   Have you noticed when you are stressed and in a state of tension, it can be hard to think clearly about your work? You CAN control what you do and cannot control. You CAN control what you do and cannot control. You CAN control what you can control.

6. Use Caution With Social Media and Blogs
   Law enforcement officers understand the support and respect they have in their communities. Social media has created the ability to share that support far and wide. Make sure you stay aware of what is happening across the country and worldwide. Social media is not only a platform for people to come out and share their words.

7. Let Go of Resentment
   Everyone makes mistakes—many have learned this lesson the hard way. The next time you end up getting hurt or upset over something that doesn’t seem to be working in your favor, consider this: Consider relating to the situation and planning to return later, or invite your family to talk about the issue with you, and remember to stay positive.

8. Find and Share Positive Examples
   Find and share positive examples of community involvement and support with your family members. Make all who are invited to the “private” page know they are invited to the “private” page know they are invited.

9. Sill down with your spouse/partner to determine a clear, consistent bedtime routine to stick to. Better yet, your scheduling might be able to be changed. This is a good time to communicate.