



Family Essentials Kit #1 - Unconditional Love

June 2017

When preparing a delicious meal, the quality of the ingredients used ensures that the meal will come out with the taste you desire. In the same respect, when a child gets an “ouchie” you get a first aid kit and find the antiseptic to clean the wound and apply the antiseptic ointment to increase the rate of healing. Yet, when it comes to the essentials for a family most might not know what makes a family function the best. Just like cooking or treating a wound, the better you know and understand the items you are working with the more confident you will be in using them.

Introducing the Family Essentials Kit, designed to help your family grow and develop stronger, more meaningful relationships. Each item in the kit provides you with a broad understanding of what it is, how it works and what it looks like being used, so that you can use it effectively. Just like ingredients in a recipe, each piece of the kit serves a purpose; if you leave out one or two ingredients your recipe may become inedible. In the same sense, when we don't use all of the elements in the kit, we might find our family relationships leaving a sour taste in our mouths.

ESSENTIAL KIT ITEM # 1 - UNCONDITIONAL LOVE

WHAT IT IS – Unconditional love is not creating limits or stipulations in order for a person to receive your love. Love is considered unconditional when it is maintained even in unfavorable situations. Most think that love is a feeling; however the most powerful form of love is not a feeling, but is comprised of commitment and action.

HOW IT WORKS – Unconditional love works by: putting the needs of others before your own, allowing for differing opinions, being forgiving and still loving the person even if we do not agree with his/her choices. Unconditional love is **NOT** allowing someone to treat you poorly (physically or emotionally) or trying to please everyone at your own expense. There is a difference between displaying unconditional love and being a doormat.

WHAT IT LOOKS LIKE – For instance, in the movie, “The Notebook,” it was Noah’s **action** of every day retelling his wife their love story that made millions of people fall in love with their story. In your family, unconditional love can look like taking your mother to the store and not asking for anything in return or reading a book to your child every night.



Next month: Essentials Kit Item # 2 - Trust

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcf_info@lcf.org or 800-363-LCFS (5237). Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.



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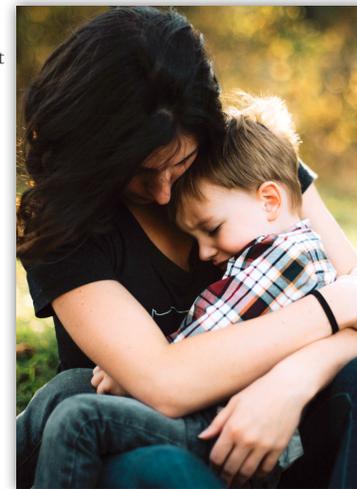
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LCFS office, Springfield

Southern Illinois

LCFS office, Belleville
LCFS office, Mt. Vernon

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Lutheran Child and
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