

Family Assessment: The Gatica Family

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The Family under assessment is the Gatica Family which is a nuclear family with two sons and one dog. The firstborn is boy aged 11 years old and the last born is another boy age 7 years old the parents are the mother is 47 years old and the father is 53 years old of Hispanic origin. The father (Jeffrey) is his family's leader and sole breadwinner. He works as an IT regional manager for many hotels within the states. Lizette (mother) is a stay-at-home wife, her role is primarily to take care of her children, do housework, and do grocery shopping. The family follows Christianity beliefs and is on the conservative side. In their leisure time, the Gatica family goes to the movies, watches sitcoms such as (Abbott Elementary) or go to church on Sundays.

The Developmental stage that occurs in the Gatica family is raising school-aged children. Lizette and Jeffrey met in New York through a blind date my grandparents set up. Before Jeffrey worked as a bartender in Café des Artists which is where my grandfather worked as a waiter. After the blind date, they realized they were meant for each other and married after a few years. They got married in June 2009. Then Lizette got pregnant with her first child in 2011 and Ian in 2015. Ethan is in 5th grade, He is at that age where is he exploring and questioning many things. They enforce a lot of communication with him since he is growing up. Ian is in 2nd grade, he is at that stage of development where he wants to be independent, and being with friends are very important to Ian.

The Gatica family live in a 1 family house in Lynbrook, NY which is in the suburbs of long island. The area in Lynbrook is predominantly white populated, to get around Lynbrook you need a car. The area is safe, they never encountered any danger in there area before. They are very cautious on safety in the house, they have a medication cabinet, and a big fence with

security cameras around the house. Some of the community associations that the Gatica family are associated with is the children's recreational center and a youth group at their church.

Some of the communication patterns the Gatica family have is being very vocal with each other and open with one and another. They talk a lot about feelings because their kids are at that age where they're expressing feelings and emotions. When they take family decisions the husband (Jeffrey) and Lizette (wife) take joint actions for the decisions. Sometimes if the decision is more in depth, Jeffrey has to run it by the wife or vice versa. Lizette's role in the family is a stay-at-home wife, she is in charge of the daily duties in the house, taking care of her children and husband. Jeffrey's role in the family is the provider, he works as an IT regional manager and on the days off he takes care of his kids and dog Max. A few examples of the values that the Gatica family follows are empathy and kindness towards others, helping the community, and serving to others in need. Since the kids have a different age group the family has to split and divide to how each of their kids needs. They try to get into the kids world so that they can better help them whenever they are in need. For example Ethan is 11 years old and is starting to think in another way since he's growing up and getting older he asks a lot of questions, has the urge to make more female friends, and talking about different things that is going on with the world. As his parents they need to be very communicative and vocal with him as he's going through these changes. They want him to be more open minded to things so that he can trust his parents with special topics. Ian he's 7 years old he's at another stage in life where he still is growing up and need to discipline him more. His parents tend to keep him active in activities so that he does not get bored at home and play video games all day. They try and give him breaks in between the day to finish homework or do a chore so that he can play video games.

The Dad Jeffrey is the only one who provides for the family so the family is pretty stable. They tend to be smart with money and not spend it wisely since they have a lot of expenses on house and kids. He is a hard worker and his family was never put in an economic necessity.

The Gatica family are overall a healthy family with few minor past medical history. Jeffrey had his appendix removed 7 years ago, he has minor seasonal allergies. Lizette had a hysterectomy 3 years ago and she also has some minor seasonal allergies. Ethan had Myringotomy ear tubes placed when he was 4 years old because he had recurrent ear infections often, He also has severe seasonal allergies he gets hives all over his body if he does not take his allergy medications. Ian the youngest, has no past medical history. The diet they intake is nutritive. They mainly have home cooked meals, if the mom does not cook then would occasionally order take out. Ethan is not much of a picky eater but Ian is picky and does not like to eat much vegetables or fruits. Lizette has to make smoothies with fruits and vegetables so that he can take it in. Some of the extracurriculars that the kids do is they play soccer, basketball, karate and swimming. Ethan and Ian are very friendly with other kids, they make friends quickly and adapt to other friend groups too.

As every family goes through stress, The Gatica family goes through different stressors as well. Some of the short term stressors they encounter was a work life balance and overloaded schedules with the husband. Since Jeffrey works in the city and sometimes has to travel to other states for work, it gets overwhelming for Lizette to take in charge of the kids. A long term stressor that the Gatica family encounter is having their family far away and that their kids don't get to see their grandparents a lot which they live outside of the country.

Some of the ways they cope with this stress is going communication with one and another, going to a adult small group at their church or just talking to people with the same situation because

sometimes it helps you relieve the stress. The family tends to cope by praying or attending a small group. As a family they communicate a lot and go to church together. Lizette's and Jeffrey's support group are their parents. Jeffrey is very close to his mom but she lives in California with his brother. His dad was not in the picture as he was growing up. Lizette's support system is her mother and her sister. Her mom lives outside the US in Colombia and her sister lives in Florida. Lizette's father also was not in the picture when she was growing up.