

## **Is the nuclear family a happier one?**

### **Exploding the nuclear family myth**

Jason and Michelle Phillips and their four kids are quite literally a modern family who are often chosen to appear in adverts when a family is required. But does the reality of their family life match the public family image?

The typical, traditional, completely average family – describe that image and then describe the reality of it. How does it differ?

Michelle Phillips: I think clients and people like to see this image of 2.4 children, a perfect family, smiles, happy. Which in reality, most days, we are. But there are, as most parents know, days where it's tough and it's hard and you've got children. You've got to entertain them or try and do things and take them places.

Jason Phillips: I think they sort of chose us a lot as we've got a couple of children to choose from but they tend to only choose two, so even today in 2014 they still want traditional values or they want what's perceived as traditional values as 2.4 children.

Steven Evans: I get the impression that families are kind of mix and match a little bit now. There are former partners, mixes of children, grandparents getting involved. It's complex in a good way.

Jason Phillips: I think it's only recently that it's become accepted. Even us, my wife, we've got three children together but I've got an older child from a different relationship and he's 15. Now, he comes in and out of family easily, it's quite normal but I don't know if that's a good thing for him or a bad thing, but I won't know that until he's older.

Michelle Phillips: But I think we're very modern as a family. We're in today's age. We see same-sex families in the boy's school. You want the best for your children, but the initial thing you want is happiness. You want them to be happy.