

F.S.A.

Family Stability Alliance

TOOLKIT



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FAMILY STABILITY ALLIANCE

CREATING SUCCESSFUL, STABLE
HOMES FOR CHILDREN

CONTENTS

How to Use This Toolkit

Part 1: Couples

Part 2: Parenting

Bonus Resource: Hidden Gems

Who Are We? F.S.A., UMC, Kilie Tomadakis

HOW TO USE THIS TOOLKIT

This toolkit was designed by Kilie Tomadakis, in partnership with the Utah Marriage Commission (UMC), to help you gain skills to strengthen your relationships at home and create a more stable and healthy environment for your family.

There are two parts to this toolkit. Each part includes links to hand-picked, research-based free eCourses that focus on either the couple relationship (Part 1), or the parent-child relationship (Part 2). These courses take between 10 and 20 minutes to complete and were written by relationship experts well-versed in the research on what helps create strong and stable families.

To use this toolkit, choose the relationship you want to work on (with your partner or your kids), and explore the eCourses that correspond with that relationship. Also be sure to take advantage of our bonus resource – the Hidden Gems Adventure Guides. These are activities that you can do as a couple or family to help you connect and have fun together.



PART 1 - COUPLES

Research has consistently shown that the best way to offer children stability is through creating strong and stable couple relationships. Whether you are married, dating, or co-parenting, striving for healthier romantic relationships will help create a more stable foundation for your children.



FREE MINI ECOURSES

[Managing Conflict with Your Partner](#)

[Learning Your Spouse's Love Language](#)

[Discussing Household Labor and Gender Roles](#)

[Strengthening Marriage Commitment](#)

[Showing Loyalty to Your Spouse](#)

[Love Boost: Strengthen Connection](#)

[Managing Money in Marriage](#)

[Discussing Values, Strengths, Morals, Religious Beliefs, and Expectations](#)



Explore more couple's topics at strongermarriage.org/ecourses



PART 2 - PARENTING

Regardless of your relationship status, you can increase the safety and stability your child feels at home by strengthening your relationship with them. Strong parent-child relationships are linked with better mental health, improved social skills, higher school performance, and greater resilience among children.



FREE MINI ECOURSES

[Building Parent Resilience](#)

[Build a Better Relationship with Your Tween](#)

[Helping Children Learn From Their Mistakes](#)

[Helping Your Child Understand and Resist Peer Pressure](#)

[Helping Your Children Learn to Recognize Feelings](#)

[Helping Teens and Tweens Make Friends](#)

[Teaching and Guiding Children](#)

[Making and Keeping Technology Rules](#)



Explore more parenting topics at strongermarriage.org/ecourses

Bonus Resource - Hidden Gems

Activities for Family and Couple Connection



Exploring the
hidden gems in
your relationships



<https://extension.usu.edu/relationships/hidden-gems/>

What Are Hidden Gems?

The Hidden Gems Adventure Guides are free, online resources designed to provide approximately one-hour activities that align with key social-emotional concepts for families, couples, and individuals. The guides were developed with the goal of strengthening relationships by encouraging quality time through interactive, low-cost activities while simultaneously reinforcing aspects of healthy relationships and positive youth development. Each guide includes discussion questions to enhance communication and problem-solving skills among participants.



F.S.A. MISSION

The mission of the Family Stability Alliance is to strengthen families by providing practical, accessible resources that help parents and partners build emotionally safe, consistent, and connected homes for their children.

Through curated educational tools, trusted partnerships, and intentional family practices, F.S.A. empowers individuals to create stability within themselves, their relationships, and their homes – laying the foundation for long-term success for generations.



F.S.A. VISION

Our vision is a world where every child is raised in a stable, loving, and emotionally safe home - one where families are equipped with the tools, routines, and connections needed to thrive, not just survive.

We believe strong families create strong communities, and stability begins with intentional relationships, consistent routines, and healthy communication.





Utah Marriage Commission

at Utah State University

The Utah Marriage Commission (UMC) is a statutory organization funded by marriage license fees and grants and directed by volunteer professionals and experts appointed by the Governor. UMC is hosted by Utah State University, and commission efforts are supported by USU Extension staff.

Founded in 1998, UMC exists because strong, stable marriages are consistently linked to stronger, more stable societies.

EVIDENCE-BASED RESOURCES

UMC resources are research-based, brief, and publicly available at StrongerMarriage.org, including:



15+ full-length eCourses



100+ mini courses



150+ podcast episodes



90+ expert-led webinars

Plus, **FREE** access to RELATE, the world's most validated relationship assessment, and **3 USBE-approved** Success Sequence lessons for Utah classrooms.

WHO IS KILIE TOMADAKIS?

Kilie's Personal Story

As Mrs. South Valley, and running for the title of Mrs. Utah America, the story behind my platform begins with the foundation of who I am—because of the parents I have in my life. They made difficult decisions, stepping away from unhealthy relationships and environments, took on roles they never imagined, and loved without conditions. They changed the narrative and chose to be the difference—for me, for our family, and for future generations. My parents are the reason I am who I am. They taught me hard work, how to build a stable home, and how to succeed. I am forever grateful for the stability, safety, love, and childhood they gave me.

Family doesn't come in one shape or size. It doesn't matter how your family was formed—whether you were adopted, raised in a blended family, have step-parents, are a single mom or single dad, are part of the LGBTQ+ community, or were raised up in a “traditional” home with a mother and father. What truly matters is the stability created within the walls of your home. A stable home is built on safety, emotional security, and unconditional love—and when those exist, families thrive.



The Tomaadakis'

Today, Kilie is raising her 3 children Branson, (6) Trey, (3) Lennon (1) alongside her husband Shon. Although they are not picture perfect, they have been raised by amazing parents who helped shape them into the parents they are/want to be. They are striving every day to build a stable home. Their family motto is, “Progress over perfection.”



Follow Kilie's Mrs. Utah journey on Instagram: [@mrs_southvalley](https://www.instagram.com/mrs_southvalley).