

Questions to Help Parents Identify Their Protective Factors:

Resources to Overcome Hard Times and Rebound

What do I dream for me and my family? _____

What gives me hope or strength during hard times? _____

What can I do to help me cope with everyday life? _____

Is there another parent I can encourage? _____

My Social Community

Friends who support me: _____

Friends who have children and can support my parenting:

Who can I talk to when I am having a bad day? _____

How do my friends support me? _____

How do I support my friends? _____

Places in the community where I feel connected:

Groups I belong to: _____

Gifts I bring to a group: _____

My Family's Health and Well-Being

Skills and resources I could use (e.g. transportation): _____

Skills and resources I could share (e.g. household repairs): _____

Community resources that I know about: _____

What I know well enough to teach: _____

Ways my family can handle problems: _____

My Child Feels Loved

How do I express my feelings to my child? _____

How do I show my child I am listening to their questions? _____

How does my family express love? _____

What does my family do for fun? _____