

# *My Family Checklist*

1

## *Parental Resilience*

Resilient parents are able to properly manage all challenges that their family faces. This means creatively solving problems, building trusting relationships, maintaining a positive attitude, and seeking help when it is needed. Parents who are able to cope with the challenges of everyday life, as well as an occasional crisis, have resilience.

2

## *Social Connections*

Connections help families stay strong, get through the hard times, and provide emotional support. Parents need friends. Having social connections you can rely on is important for every family. This doesn't mean that you have to have hundreds of people in your life—just a few people to lean on, learn from, and laugh with.

3

## *Concrete Support*

Support is access to community resources so parents can devote more time and energy to their children's safety and well-being. All families could use a little help sometimes. Knowing where to turn to meet basic needs keeps the family unit strong. Concrete supports can be family, friends, neighbors, or they can be more tangible items such as clothing, food, shelter, clothing and health care.

4

## *Social and Emotional Competence of Children*

Social and emotional competence is a child's ability to interact positively with others, self-regulate behavior, and effectively communicate feelings. Mindfulness in children positively impacts relationships throughout life. When we foster mindfulness, children are better able to understand and communicate with the world around them.

5

## *Knowledge of Parenting and Child Development*

When parents are aware of their child's milestones, they are better equipped to understand behaviors and know how to respond. Accurate information about child development and expected behaviors helps parents provide an appropriate amount of nurturing, supervision, and guidance. Information can come from family members, parent education classes, public libraries, and much more.

