

my family CHECKLIST

✓ *My family has access to basic needs.*

CONCRETE SUPPORT IN TIMES OF NEED

✓ *I will continue to have courage during stress or after a crisis.*

PARENTAL RESILIENCE

✓ *I know what my child needs as they grow and develop.*

KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

✓ *I have friendships with people who support me and my parenting.*

SOCIAL CONNECTIONS

✓ *My child feels loved, has a sense of belonging, and can get along with others.*

SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

Families gain what they need to be successful when **key protective factors** are robust in their lives and communities.

Follow us to learn more!

