

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 my child's 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

Draw a picture of your home or family below. What makes it strong and successful?



A program of NH Children's Trust

Strengthening Granite State families through a coordinated approach to caregiver support and education, advocacy, and child & youth programming so all NH children can thrive.

Learn more and contact your local Family Resource Center at www.fsnh.org

