

**Understanding My Parenting Strengths**

***Goal:*** *To help me talk about my strengths, what I do well as a parent, and what I do to keep my children safe.*

***The three things I believe I do best as a parent are:***

***1.***

***2.***

***3.***

***I keep my children safe by:***

***1.***

***2.***

***3.***

***I maintain stability (consistency, routine) for my children by doing:***

***1.***

***2.***

***3.***

***I support my children talking about their fears, concerns and what they’ve seen or heard by:***

***Because of my parenting, my children are doing well at:***

***1.***

***2.***

***3.***

***I wish that other people noticed that I’m very good at:***