

My Family Checklist

for strength and greatness!

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I know where to turn to meet my family's basic needs.

Concrete supports in times of need

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I can handle challenges with flexibility and take time to recharge.

Parental resilience

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

Social connections

I know what my child needs as she grows and develops.

Knowledge of parenting & child development

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My child feels loved, has a sense of belonging and the ability to connect with others.

Social and emotional competence of children

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