

Build on your family's strengths

# Try the 5 in 5 Challenge



**Use Family Strengthening Month as an opportunity to focus on your family's strengths.** Research shows there are 5 specific Strengths that help families weather difficulties, support their children's growth, and feel better connected. Focus on a different Strength every weekday using the checklists below. It's a simple way to try out new strength-building ideas and find out what meets your family's needs.

Meaningful Mondays	Toolbox Tuesdays	Recharge Wednesdays	Resourceful Thursdays	Feelings Fridays
<p>It's important to spend meaningful time with loved ones and to reach out to others for acceptance, advice, and a helping hand. Try these ideas for <b>Connecting with Others</b>:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Go device-free during meals or family time</li> <li><input type="checkbox"/> Take a class or join a club online</li> <li><input type="checkbox"/> Reach out to the homebound or elderly</li> <li><input type="checkbox"/> Join or host a virtual game night</li> <li><input type="checkbox"/> Deliver dinner to a neighbor</li> <li><input type="checkbox"/> Volunteer in COVID-safe ways</li> <li><input type="checkbox"/> Send a text to an old friend</li> <li><input type="checkbox"/> Schedule a hangout with your friends</li> <li><input type="checkbox"/> Fit a good hug or snuggle into your day</li> </ul>	<p>Adding new skills to your parenting toolbox helps you be prepared as your children change and grow. Try these ideas for <b>Parenting As Children Grow</b>:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Share your parenting joys and concerns with other parents</li> <li><input type="checkbox"/> Make time to connect one-on-one with your children</li> <li><input type="checkbox"/> Tap your pediatrician for advice</li> <li><input type="checkbox"/> Sign up for a virtual parenting class</li> <li><input type="checkbox"/> Get to know your child's friends</li> <li><input type="checkbox"/> Read a parenting website or blog</li> <li><input type="checkbox"/> Work together to reach a family goal</li> <li><input type="checkbox"/> Praise your child's good choices and positive behavior</li> </ul>	<p>Taking care of yourself is an important part of taking care of your family. Take time to relax, recharge, and reduce stress. Try these ideas for <b>Building Inner Strength</b>:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a bath</li> <li><input type="checkbox"/> Call a loved one who makes you laugh</li> <li><input type="checkbox"/> Reflect on a challenge you've overcome</li> <li><input type="checkbox"/> Unplug with a book, a movie, or music</li> <li><input type="checkbox"/> Stretch your muscles and exercise</li> <li><input type="checkbox"/> Get outside for awhile</li> <li><input type="checkbox"/> Breathe in slowly, count to 5, breathe out</li> <li><input type="checkbox"/> Spend a little time on a favorite hobby</li> <li><input type="checkbox"/> Enjoy eating a favorite treat</li> <li><input type="checkbox"/> Light a scented candle</li> <li><input type="checkbox"/> Play a video game</li> </ul>	<p>Having a strong support system made up of personal and community resources is essential for every family. Try these ideas for <b>Knowing How to Find Help</b>:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> List 3 people you can always turn to</li> <li><input type="checkbox"/> Check out your local family resource center's services</li> <li><input type="checkbox"/> Practice by asking for help with a small thing</li> <li><input type="checkbox"/> Add the 211 Helpline to your contacts</li> <li><input type="checkbox"/> Ask your circle for their recommendations</li> <li><input type="checkbox"/> Thank someone for their support</li> <li><input type="checkbox"/> Let a loved one know you're ready to help</li> <li><input type="checkbox"/> Get to know your neighbors or parents at school</li> </ul>	<p>Kids who learn how to understand and manage feelings become better at dealing with challenges and building healthy relationships. Try these ideas for <b>Helping Kids Understand Feelings</b>:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Read or tell a story about feelings</li> <li><input type="checkbox"/> Share an emotion you are feeling</li> <li><input type="checkbox"/> Talk about ways to express big emotions</li> <li><input type="checkbox"/> Think through a challenge out loud</li> <li><input type="checkbox"/> Encourage and praise kind behavior</li> <li><input type="checkbox"/> Do a task that takes cooperation</li> <li><input type="checkbox"/> Ask your child what they're feeling and why</li> <li><input type="checkbox"/> Teach a calming skill like counting to 10 or deep breathing</li> </ul>

**Here's a tip!** Use the boxes to keep track of your progress. Checkmark the ideas you'll use again and draw an X by those that didn't work for your family.



Learn more about the 5 Strengths that keep every family strong at [FiveforFamilies.org](https://FiveforFamilies.org)