

Remember the 5 Strengths

2

Thoughtful Parenting

You are the # 1 person your child needs to learn and grow.

3

Strong Connections

Like your middle finger,
you shouldn't stand alone.

4

Inner Strength

It takes flexibility and
effort to stand tall..

1

Feelings Matter

Thumbs up is a way to show
emotions.

5

Knowing How to Find Help

Last, but not least,
ask for the help you need.



 **Five for
Families.org**SM