

Remember the 5 Strengths

2

Parenting as Children Grow

You are your child's first and most important teacher.

3

Connecting with Others

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

4

Building Inner Strength

Your fourth finger
represents a commitment
to caring for yourself.

1

Helping Kids Understand Feelings

A thumb's up is a way we
show emotions.

5

Knowing How to Find Help

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



5 Strengths Poster



Your thumb represents Helping Kids Understand Feelings, because thumbs up is one of the first ways that we learn to show how we feel.



Your first finger represents Parenting as Children Grow, because parents are their child's first and most important teacher.



Your third finger represents Connecting with Others because it shouldn't stand alone. Everyone needs a positive social network



Your fourth finger stands for Building Inner Strength and represents a commitment to caring for yourself. Parents need to care for themselves in order to be strong for others



And last, but not least, your pinky finger is a reminder to ask for the help you need. Knowing How to Find Help is very important, because everyone needs a little help sometimes.

