

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

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