

## MY STRENGTHS AS A PARENT

LOOK FOR EVIDENCE TO SUPPORT THE STATEMENT

“I AM ABLE TO HELP MY CHILD GROW UP FEELING LOVED AND SAFE”.

Make a list of the things you do well as a parent.

What good things do other people say about you as a parent?

What are the things you do that you are most proud of?

How would your child(ren) finish this sentence “My Mum or Dad is great because...”