**Understanding My Parenting Strengths**

**Goal:** To help me talk about my strengths, what I do well as a parent, and what I do to keep my children safe.

The three things I believe that I do best as a parent are:

I keep my children safe by:

I maintain stability (consistency, routine) for my children by doing:

I support my children talking about their fears, concerns and what they’ve seen or heard by:

Because of my parenting, my children are doing well at:

I wish that other people noticed that I’m very good at:

*Children who have witnessed domestic violence need:*