**Parenting Strengths Inventory**

**Goal:** To help identify a survivor’s strengths, what she does well as a parent, and what she does to keep her children safe.

The three things survivor believes that she does best as a parent are:

Survivor keeps her children safe by:

Survivor maintains stability (consistency, routine) for her children by doing:

Survivor supports her children talking about their fears, concerns and what they’ve seen or heard by:

Because of the survivor’s parenting, her children are doing well at:

Something that the survivor wishes others would notice that she is very good at:

*Children who have witnessed domestic violence need:*

**Safety**

* Placate the perpetrator
* Send children to their room, the neighbors or a family member
* Call perpetrator’s supports (parent, friend, employer, clergy, etc.)
* Have code words with the children
* Have codes or signals with neighbors
* Tell friends or family when in need of help
* Stay out of homes at times of danger or crisis
* Try to reduce “triggers” or try to meet perpetrator’s needs or wants
* Call police
* Call caseworker
* File for an order of protection
* Escape relationship (current or past)

**Stability**

* Maintain children’s routine (school, meal times, homework, bedtimes, etc.)
* Maintain consistent rules and discipline
* Maintain stable housing and school
* Try to encourage children to have access to extracurricular activities
* Try to encourage children to have meaningful friendships
* Try to encourage children’s bond with other family members
* Maintain supportive relationships for self

**To talk about what happened**

* Ask the children how they are feeling
* Remind children she is trying to keep them safe
* Tell the children it’s not their fault
* Allow children to be angry, sad or to express any other feelings about the perpetrator
* Encourage children to find alternate ways to share their feelings (such as play or art)
* Encourage children to talk to friends or family about how they are feeling
* Set up therapy or counseling for children