

Name:

## Strengths/Needs Worksheet – Meeting 5

Now that you have completed your fifth meeting, we would like you to think about your strengths and your needs, personal as well as family. For each bolded skill, please write an example of your strength and/or your need. You can provide as many examples as you'd like but please provide at least 3 strengths and 3 needs on the worksheet.

<b>Skill</b>	<b>Activities</b>	<b>This is a strength for my family because....</b>	<b>This is a need for my family because...</b>
1. Know your own family.			
<b>2. Communicate effectively.</b>	<u>Meeting 5</u> Help the Child Understand Feelings		
<b>3. Know the children.</b>	<u>Meeting 5</u> Discipline vs. Punishment		

<b>Skill</b>	<b>Activities</b>	<b>This is a strength for my family because....</b>	<b>This is a need for my family because...</b>
<b>4. Build strengths; meet needs.</b>	<u>Meeting 5</u> The Power of Positive Reinforcement		
5. Work in partnership.			
6. Be loss and attachment experts.			
<b>7. Manage behaviors.</b>	<u>Meeting 5</u> Fifteen Ways to Help Children Manage Their Behavior (sticky notes activity)  Helping the Children Manage Challenging Behaviors (small group activity)		

<b>Skill</b>	<b>Activities</b>	<b>This is a strength for my family because....</b>	<b>This is a need for my family because...</b>
8. Build connections.			
9. Build self-esteem.			
<b>10. Assure health and safety.</b>	Meeting 5 “Choosing Effective Discipline Techniques” and “Handling False Allegations in Foster and Adoptive Homes”		
11. Assess impact.			
12. Make an informed decision.			