

Name:

## Strengths/Needs Worksheet – Meetings 6 and 7

Now that you have completed Meetings 6 and 7, 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 this 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>
<b>1. Know your own family.</b>	<u>Meeting 7</u> Assessing Your Family to Identify Stressors and Prevent Disruptions		
2. Communicate effectively.			
3. Know the children.			

<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>	<p><u>Meeting 7</u>                      Merilee Case Scenario                      Planning the Return Home Video                      Helping Children Transition Out of Foster Care-Case Examples</p>		
<b>5. Work in partnership.</b>	<p><u>Meeting 6</u>                      Positive Parental Alliance                      Shared Parenting and Visits                      Managing Problems with Visits: "I Don't Want You to Go!"                      Competition: Strategies for Sharing Parenting</p> <p><u>Meeting 7</u>                      Planning to Prevent a Disruption</p>		
<b>6. Be loss and attachment experts.</b>	<p><u>Meeting 6</u>                      Managing Problems with Visits: "I Don't Want You to Go!"</p> <p><u>Meeting 7</u>                      Giving Children Permission—Stages of Integration</p>		

<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>
7. Manage behaviors.			
<b>8. Build connections.</b>	<u>Meeting 6</u> Five Connections Activity <u>Meeting 7</u> Openness in Adoption		
<b>9. Build self-esteem.</b>	<u>Meeting 6</u> Triangle Family <u>Meeting 7</u> Openness in Adoption		
10. Assure health and safety.			
11. Assess impact.			
12. Make an informed decision.			