



YOUR STRENGTHS

WHAT DOES BEING A STRONG PARENT MEAN?

It's good to build on the strengths that we have to be the best parent we can be.

Alcohol and drugs are often only a part of who we are and what we do. Sometimes we can feel down when using alcohol or other drugs and can forget that we have strengths.

It's good to remember that **we all have strengths** and these are what have helped us to survive life's challenges.

We are all different and have diverse strengths. Once we recognise our strengths, we can work on building them.

Your strengths will help you with parenting.

Think about:

Here is a list of values used to describe strengths in a parent

Resilient Organised Kind Loving Caring Thoughtful Honest
Compassionate Firm Protective Focussed Nurturing Considerate
Helpful Resourceful Cautious Respectful Empathetic

What are your strengths?

How can you use these strengths to build a strong relationship with your boorai?