



F5

Building Family Strengths



1

Our Family Portrait

A large, empty rectangular box with a gray border, intended for a family portrait drawing, occupying the central portion of the page.





2

Our Family's Strengths

- ☐ Open to learning new things about parenting and child development
- ☐ Able to bounce back from challenges; resilient
- ☐ Willing to seek support from others
- ☐ Caring and affectionate toward one another
- ☐ Able to access resources to meet basic needs
- ☐ Supportive of my child's social and emotional development

Something I appreciate about my family:

Someone I'd like to share my family's strengths with:



3

All About Our Family

What my child/I liked best about this activity:

Ideas to keep the play going:

*I used **The 4 Me's™** when:*

How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might practice **Connect With Me**, by using your voice and touch to let them know you care and have back and forth conversations with them.
2. Invite your child to interact with you as you share about their family using the **Our Family Portrait** handout. Using your voice and nurturing touch to get their attention, you can tell them about family members, pets, or other objects in the drawing.

As you interact with them, you **MIGHT**:

- » Name each family member for your growing baby and share something about who they are, what they like to do, or a special memory,
- » Enjoy how your infant engages in conversation with you through their movements and sounds,
- » Help your toddler count the family members or objects and talk about colors, or
- » Encourage your child to add to the portrait by coloring, scribbling, or drawing.

