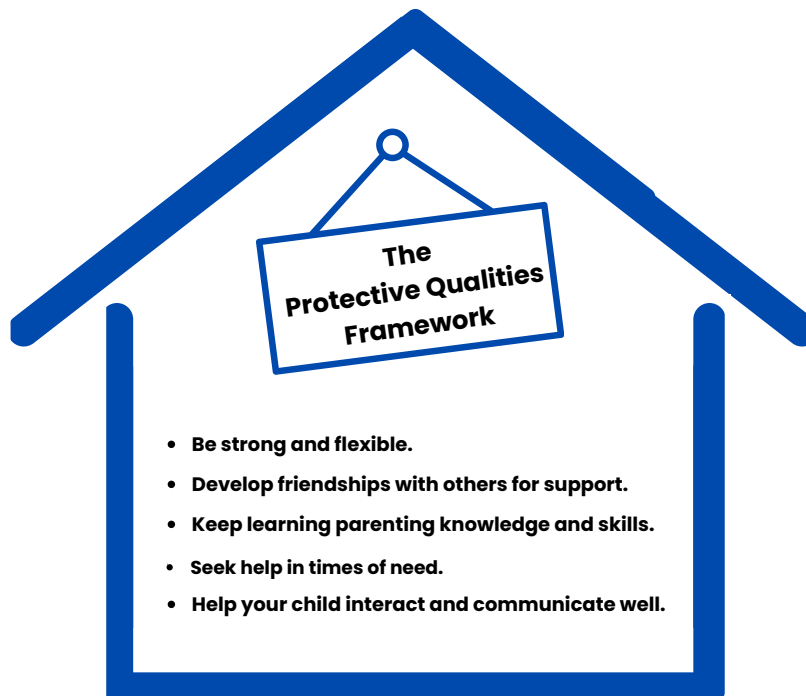


Build A Solid Parenting Framework!

These are five qualities (or factors) that make parents strong. Individually, all of these qualities lessen stress and build strength. When all five of them are present in our parenting experience, they form a powerful framework to protect our children and to get the best outcomes for them. This is called the protective qualities framework.

What is a framework? A framework is an essential structure that holds everything together. The framework of a house holds it together and keeps it standing firm over the years and through all the storms and the daily wear and tear. In the same way, the protective qualities framework keeps our families strong in the good as well as the challenging times.



For Personal Reflection



1. Which quality is the most natural for you to practice?
2. Which quality is more difficult for you to practice?
3. Do you have a recent success story that relates to one of the qualities?
4. What could make your parenting framework stonger?

Would you take a quick, anonymous, two minute survey to rate yourself in each of the five Qualities?

Click [HERE](#) or Scan the QR Code to take the survey.

The results will help us develop new resources to help parents become even stronger!

