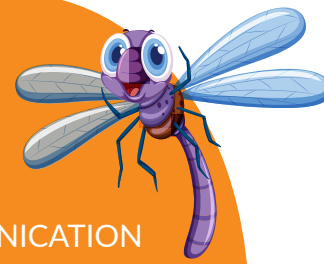


Helping Families Thrive Cards



BELONGING

Shared family values and principles for intentional focus on what matters in navigating life.
Connection and family identity through shared rituals, traditions and celebrations.



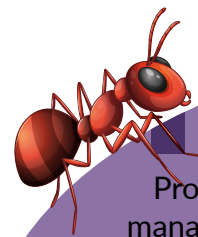
COMMUNICATION

Authentic, effective communication for sharing and connecting.
Communication to support positive behaviour and build relationships.



FUN & ENJOYMENT

Positive connection, fun, play, and enjoying each other.
Balancing individuality with connection.
Appreciating differences and cultivate empathy.



PROBLEM SOLVING

Problem solving and conflict management that preserves and enhances relationships.
A foundation of respect, sensitivity, self-management and connection.



FAMILY STRUCTURE

Consistent parental vision and values.
Clear, consistent, united, respectful leadership.
Solid family structures, roles and rules that adapt as needed to change and challenges.



NURTURING

Positive, intentional, conscious presence to nurture family members and relationships.
Prioritizing relationship in challenging and emotional situations, including difficult behaviours.

