

STRONG FAMILIES HAVE Social and Emotional Competence of Children

Know your family tree | Encourage and praise children | Know your children's needs
Spend quality time with each of your children | Believe in trial and error



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STRONG FAMILIES NEED Concrete Supports in Times of Need

Help others when they need it | Use community resources
Know where to go | Advertise resources | You are not alone



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STRONG FAMILIES SEEK Social Connections

Have get togethers | Volunteer yourself to help in your community
Be good role models | Connect with Elders | Find someone to talk to



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STRONG FAMILIES TEACH Knowledge of Parenting and Child Development

Teach children right from wrong | Always provide unconditional love | Help children to learn
Make sure children know you're there for them | Spend time playing with children



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STRONG FAMILIES HAVE Parental Resilience

Don't dwell on the past | Make healthy choices | Practice traditional values and activities
Create balance in your life | Rely on spiritual strength



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WHAT DO strong families LOOK LIKE?

Strong families work together, respect each other, provide encouragement, help others, watch over each other, laugh together, are good role models and make healthy choices.

To strengthen families in Alaska, everyone needs to help families have:

Social Connections

Positive friends, family, community who provide emotional support and assistance

Knowledge of Parenting and Child Development

Information about raising children and what they can do at different ages

Concrete supports in times of need

Access to food, housing, health services, education counseling and other needed services

Parental resilience

The ability to cope and bounce back from challenges

Social and emotional competence of children

Children feel love, a sense of belonging and can get along with others



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