

Helping Kids Understand Feelings

When you help your children to understand feelings, they feel safe and valued and develop the confidence to solve their own problems. Kids who learn how to express and manage their emotions often do better in school and have stronger friendships.



Parenting as Children Grow

Being a great parent doesn't come naturally. Gaining knowledge of parenting and child development can help you set realistic expectations, encourage positive behaviors and feel prepared for new challenges as children grow.



Connecting with Others

Talking things over with trusted friends or family can help you recharge and see problems in a new way. Feeling valued and understood, and knowing you can turn to others for acceptance, advice or a helping hand can help you to be a happier and more confident parent.



5 Family Strengths

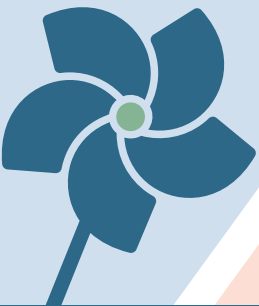
Building Inner Strength

Raising a family is stressful. Staying strong and flexible when things get tough can help you guide your family through challenges and builds parental resilience. Parental resilience means managing your feelings, solving problems with a clear head, taking care of yourself and sheltering your kids, even when things are difficult.



Knowing How to Find Help

Sooner or later, every family needs help. Although asking isn't always easy, recognizing your family's needs and reaching out to others for support is a sign of strength. Knowing how to accept help when it is offered can teach your kids courage and resourcefulness.



Let CAPS help you build the 5 Strengths that keep every family strong:

While every family has challenges, they also have strengths that they can draw upon during difficult times. Understanding how to build upon your family's strengths in five essential areas can help you feel more confident, less stressed and better connected to your children.

For more information

Please call 574-295-CAPS
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