



## **FAMILY INTEREST SURVEY**

### **Building the Five Protective Factors**

**Family Name:** \_\_\_\_\_ **Child's Name:** \_\_\_\_\_

**What do you want to know more about this year?**

*Are you interested in more information about any of the topics below?  
(please check box)*

**Knowledge of Parenting and Child Development/School Readiness:**  
"Parenting is part natural and part learned"

- Supporting Literacy/Fun with Reading!
- Math skills and young children
- Making Music!
- What to do when your child gets sick
- What to do for healthy teeth
- Cooking with Children
- Getting to know the EHS/HS Curriculum
- I am moving/I am learning
- Child proofing your home
- Brain Development

**Concrete Supports:** "Everyone needs help sometimes"

- Budgeting and Money Management
- Credit Counseling
- Household Tips
- Energy Assistance
- Housing Repairs/Weatherization
- Resume writing/Job Readiness
- Computer Basics
- Understanding Food Labels
- Shopping on a Budget/Coupons
- Cooking and Baking Workshops
- Build your own first aid kit
- Organizing Important Documents
- Inexpensive Cleaners

**Resiliency:** "Our ability to bounce back and be flexible"

- Exercise/Walking Groups
- Stress Management
- Nutrition and Healthy Eating
- Garden Workshop

- Building Your Bounce
- Family Goal Setting

**Social/Emotional Health of Children:** “Helping children understand their feelings and emotions”

- Conscious Discipline
- Transitions and Young Children
- Routines
- Family Traditions
- Temperaments
- Parent/Child Relationships
- Family Fun Ideas
- Promoting Self Help Skills in Children

**Social Connections:** “We all need friends”

- Parenting Conversations/Parent Café
- Crafting/Creating memories
- Book club

I have knowledge/a skill to share with others (please explain):

*Check all days and times below that work for you.*

**Day of the Week:**

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

**Time:**

- Morning
- Afternoon
- Early Evening

*If you have other ideas, share these with us. This is your program!  
To learn more about the Five Protective Factors visit [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)*