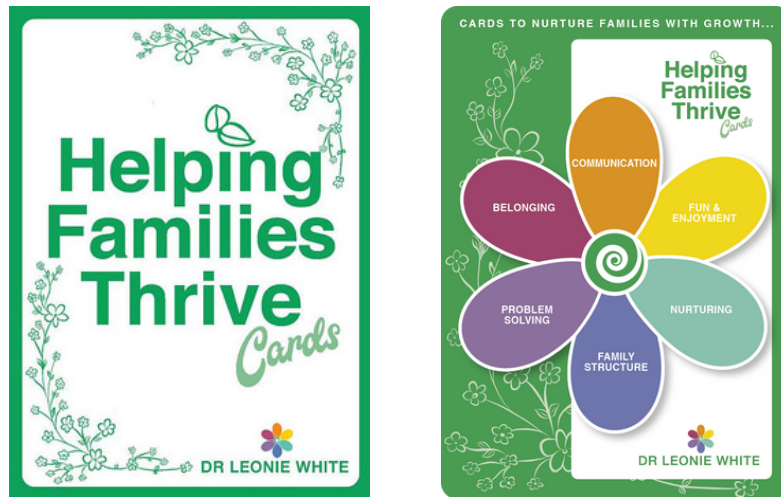


# How do I use Helping Families Thrive Cards?



## Ideas for Parents & Families

Helping Families Thrive Cards make the theory, research and clinical experience of 'what helps families' accessible and easily understandable, and provides practical strategies to action this knowledge in daily life.

- Read the cards and decide what will be best in your family, before bringing the cards (or ideas from the cards) to your whole family.
- Take time to reflect individually as a parents e.g., journal about aspects of family life.
- Use the garden metaphor to introduce various aspects of family life to your family.
- Download the free infographic and use this to discuss what's going well, what your family would like to keep doing, and what your family might like to work on.
- Use the "petal category" card to help identify aspects of family life you would like to focus on and develop.
- Use a category of cards or choose single cards/aspects of the category to focus on.
- Use the cards to identify areas of strengths in your family to amplify with noticing, appreciating and practicing.
- Use the cards as prompts to open up conversations with your partner, or significant others in family life e.g., grandparents and extended family.
- Choose ideas for family meetings or discussions e.g., developing a family identity/motto, noticing what's been going well, deciding on something to focus on.
- Some cards will lend themselves to adult conversations e.g., Family Leadership and Parental Hierarchy talk about the parents as a leadership team.
- Some cards are helpful for the adults in the family e.g., Adults and Playful Connection talks about the importance of playful connection as a couple, and how to manage playful connections with the children in the family.
- Some cards will lend themselves to family conversations e.g., Family Values and Principles provides ways of developing a family vision or motto.
- Use the card deck to provide a smorgasbord of ideas to choose from ...or a sounding board to provide inspiration for the development of new ideas, and be sure to remember the cards are an invitation to consider and choose from, not a tick list to complete.

For more information & to download the free infographic head to  
[www.drleoniewhite.com](http://www.drleoniewhite.com)  
for Helping Families Thrive Cards blogs and videos.