

Information eBook




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How Helping Families Thrive Cards Evolved

Welcome to the Helping Families Thrive Strength Cards

Over the twenty five years I have been working with children, parents, foster carers, families, teachers, and other professionals to promote wellbeing and support mental health I have learnt that all families have strengths and connecting to strengths matters.

Kids and families are amazing, and have such a fantastic capacity for growth and change no matter where they start from or what changes and challenges, they are facing.

I love supporting children and families, and anyone who works with them. The Helping Families Thrive range of resources are designed to do just that. The Helping Families Thrive Strength Cards are a fantastic resource to facilitate positive communication to help families identify the strengths they have, strengths they'd like to amplify and strengths they'd like to add in to family life.

Consciously connecting to strengths in this way can help to:

- 👉 Develop warm emotional bonds of connection
- 👉 Build a resilient, cohesive, strong, happy family
- 👉 Navigate the predictable changes and challenges of life
- 👉 Navigate the unpredictable curve balls that life can throw

These cards are based on my experience and knowledge as a Clinical Family Therapist and Psychologist with ideas that have stood the test of time, and include new ideas and insights from cutting edge fields like neuroscience and interpersonal neurobiology.

My passion is to support children, parents, and families to make a positive difference in the world as strong families build strong communities. At our core relationships matter, and supporting families to grow, thrive and connect on their unique journey through life was my inspiration for this card deck. As you build a resilient, cohesive, happy family, the benefits of this will ripple through all relationships and connections throughout life.

My hope is that your family enjoys exploring and developing their strengths as much as I have enjoyed creating this valuable resource for you.

Leonie

How to Use Helping Families Thrive Strength Cards

The cards can be used by families and also by professionals in their work with families.

The cards support families to identify the strengths they currently have, engage in conversations that solidify and amplify family strengths, support families to identify strengths they would like to develop, help families develop a picture of the future and help families consider what matters to them.

The cards provide a great opportunity to create powerful strength-based conversations that can create a different perspective and help shift towards hope, resources and possibility.

Tips for Families:

Decide as the parent(s) or carers how you would like to use the cards e.g., to identify and strengths already in the family, to identify and draw on strengths needed at a particular time or to face a particular challenge, to identify strengths you would like to develop or work on, or to build family cohesion by celebrating family strengths.

A great way to facilitate change is to amplify what is already working, so make sure if you are identifying strengths you'd like to develop you balance this with identifying and acknowledging existing strengths.

Parents can use these cards for conversations about the family amongst themselves, or the cards can be used as a whole family e.g., in a family meeting, or at a family meal.

Tips for Professionals:

The cards can be used as a part of getting to know a family, for building family connection, cohesion, and resilience, for refocusing from problems to strengths and possibilities, and as part of ending your work with families for a review of growth and change.

The cards can be used with a whole family, or with just the parent(s), or carers. The cards should be used sensitively within a respectful, trusting relationship on a client-led journey of exploration. Curiosity is the best way to travel on this journey as it fosters a mutual and collaborative spirit of inquiry.

The way you use the cards will depend on your intention, e.g., getting to know a family, goal setting, supporting change, or review.

How to Use Helping Families Thrive Strength Cards

The card deck is versatile, and the cards can be used as a whole set, in “petal” categories, or individually.

Here are some suggestions for different ways of using the cards for families and professionals:

Spread and Select:

- Spread the entire deck, or just a category if the family has a particular area of focus
- The family can then scan the cards
- Family members then select the cards that “stand out” to them, or “catch their attention”
- These cards can then be noted and/or discussed e.g., sharing stories that relate to the strength

Specific Conversations:

- Consider the use of some conversational prompts from the list provided in this eBook as a starting point for card selection
- These prompts are not a checklist of questions to work through, but instead a smorgasbord of options
- Choose prompts that fit with your intention for the conversation
- Tip for professionals: Choose prompts that fit within your relationship with the family and your intention in your work together, and then ask the family to identify the strength card/s that relate to the conversation prompt

Strengths of the Day/Week/Month/Year:

- Spread the deck of cards
- The family chooses a strength, or strengths, they would like to focus on for a specific period of time
- This focus can be in the form of noticing the strength or actively working on growing the strength
- The family might like to display the strength e.g., putting it on the fridge door
- Tip for professionals: You can invite the family to take a photo of the strength(s) and discuss if and where they would like to display this

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Scaling:

- Each card has a scale on the back and related questions to help facilitate a deepening of the strengths-based conversation
- The scaling questions are additional, optional questions following the selection and general discussion of strength cards. Choosing the cards might be enough for the conversation, or the family may wish to deepen the conversation with the scaling questions
- Families can use the numbers for scaling, or the leaf sizes
- The “Where are you now?” question will help to determine the starting point
- The “Where would you like to be?” question will help determine the family’s goal point. Keep in mind the goal doesn’t have to be 10, it’s whatever feels enough or feels like a good fit for the family
- The question “What is one small step you could take towards where you’d like to be?” is helpful to decide on a plan of action. Small steps are powerful because they get change happening in achievable ways and a lot of small steps put together over time create big changes
- The final question “What does it say about you and your family that you value this?” helps families become more connected to what matters to them in family life, to family values. As an added bonus, becoming more connected to strengths also helps to amplify strengths



Helping Families Thrive Strength Cards

Conversation Prompts

Some useful conversational prompts for consideration when using the card deck include:

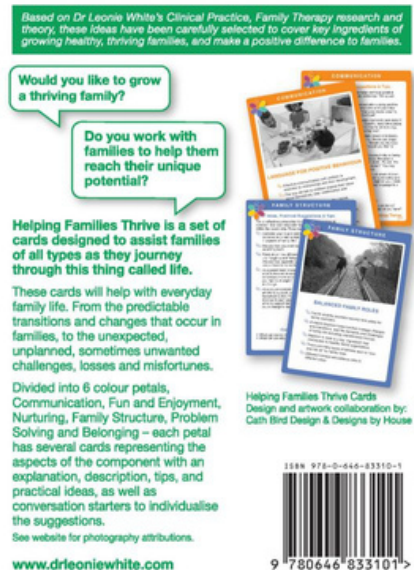
- What strengths do you see in your family? How do these strengths show up in family life?
- Can you tell a story about your family at its best? What was happening? What strengths were evident in this story?
- What strengths would you like to develop as a family? How might you go about this as a family?
- What do you believe are the most significant strengths in your family?
- Which family strengths do you enjoy and feel the most satisfied with?
- Which family strengths do you find most challenging? Which require the most effort?
- Do different family members embody different family strengths? What strengths do you particularly contribute to? How do your individual strengths complement each other?
- What strengths do you think people outside your family would notice?
- Do you ever overdo some strengths? If so, which ones and what does this look like? How would you like this to look?
- Which family strengths are most evident when things are going well?
- Which family strengths emerged when things weren't going well?
- What situations have tested your family's strengths?
- Have any strengths disappeared for a while that you were able to recover? How did you recover the strengths?
- Which strengths have you used to overcome challenges?
- Did you develop any new family strengths when faced with a challenge?
- What would other people who know you say about the strengths they notice when you face changes or challenges?
- What difference will it make to you as a family to be more conscious of your family strengths?
- What might become possible when you connect intentionally with your family strengths?
- Which family strengths are most a part of your family identity?
- Which family strengths do you most admire in other family members?
- What are strengths you most admire in other families? Would you like to bring any of this into your own family? Are any of these already present in your family?
- How could you use existing family strengths to develop new family strengths?
- What strengths would you most like to keep in your family?
- Imagine that in one year, your family is receiving an award to recognise family strengths. Which family strengths will be recognised in this award? And why?
- If you were your preferred version of yourself in your family, which strengths would be showing up?
- Are there other strengths in your family that aren't captured in the cards? Can you tell me about these?
- Are there strengths you'd like help to work on?

Thank-you for purchasing the Helping Families Thrive Strength Cards

I hope you enjoy them and that they make a positive difference for you and your family.

Leonie

For more ideas and inspiration to grow a thriving family, you might like the Helping Families Thrive Cards.



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Helping people grow, connect, and thrive on life's unique journey.

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