



Strengths/Needs Worksheet – After Meeting 5

In the left column are the Criteria for Mutual Selection of foster and adoptive families. By the end of Meeting 5 you should have had the chance to begin developing several of the “Twelve Criteria for Mutual Selection.” Remember no two families are alike. Every family has or can develop many skills which will be helpful in their new roles. You and the agency you are working with will mutually assess your willingness and ability to be successful foster and/or adoptive families. We have included one example of a strength and need related to the twelve criteria. Please identify three strengths and needs that you have as a family.

Criteria for Mutual Selection	Family <i>strengths</i> which will help us accomplish this ability	Family <i>needs</i> to be met in order to grow in our ability to do the task
<i>Example:</i>	<i>I have personally used several of the discipline strategies taught in tonight’s meeting and I am confident in my abilities to manage behaviors. (criteria 7)</i>	<i>Because I use physical punishment on my own children, I will need to rethink the double message I will be sending to any child placed in my home. (criteria 7)</i>
1. Know your family – Assess your individual and family strengths and needs, build on strengths and meet needs.		
2. Communicate effectively – Use and develop communication skills needed to foster or adopt.		

Criteria for Mutual Selection	Family <i>strengths</i> which will help us accomplish this ability	Family <i>needs</i> to be met in order to grow in our ability to do the task
<p>3. Know the children – Identify the strengths and needs of children and youth who have been abused, neglected, abandoned, and/or emotionally maltreated.</p>		
<p>4. Build strengths; meet needs – Build on strengths and meet needs of children and youth who are placed with you.</p>		
<p>5. Work in partnership – Develop partnerships with children and youth, birth families, the agency, and the community to develop and carry out plans for permanency.</p>		
<p>6. Be loss and attachment experts – Help children and youth develop skills to manage loss and attachment.</p>		

Criteria for Mutual Selection	Family <i>strengths</i> which will help us accomplish this ability	Family <i>needs</i> to be met in order to grow in our ability to do the task
7. Manage behaviors – Help children and youth manage behaviors.		
8. Build self-esteem – Help children and youth build on positive self-concept and positive family, cultural, and racial identity.		
9. Assure health and safety – Provide a healthy and safe environment for children and youth and keep them free from harm.		

Abilities learned after Meeting 5:

- ◆ Explain the difference between the parental interventions of punishment and discipline.
- ◆ Explain how behaviors are indicators of underlying needs.
- ◆ Select parental interventions that will help children and youth manage their own behaviors.
- ◆ Help children and youth manage their behaviors.
- ◆ Choose discipline strategies that assure a child's safety.