



Children sense when adults care about them. Consistent, predictable love, physical care, and positive attention from people in their family helps a child become resilient. In other words, they are better able to respond to the challenges of life.

Our children require a minimum of five people they believe truly cares about what they do and what happens to them. We call this “The Power of 5”. And the more people they believe form their support network, the more likely they are to make healthy, responsible choices throughout their lifetime.

Talk with your children about the people who care about them. Encourage relationships with key adults such as friends and relatives, child care providers, teachers, neighbours, and coaches. And, ask yourself, on whose support list are you?