

Protective Factors: Everyday Actions for Families



Parental Resilience: Families bounce back to move forward. Using one's own skills, along with help from others, to manage stress, navigate and recover from challenges, tough situations or trauma.

- ◆ Families exhibit strength and flexibility to general life stress.
- ◆ Families have strong problem-solving skills.
- ◆ Families practice regular self-care to keep stress from interfering with nurturing their child.
- ◆ Families identify themselves as hopeful, optimistic, and confident.



Social Connections: Families have friends they can count on. Building positive, healthy and meaningful individual and community relationships that support connection and belonging.

- ◆ Families maintain multiple friendships and supportive relationships with others.
- ◆ Families feel respected and appreciated in their role as parent or primary caregiver.
- ◆ Families accept help from others and give help to others.
- ◆ Families establish connections and a sense of belonging with other families.



Knowledge of Child Development: Families learn how their children grow and develop. Learning and understanding the different stages of child development and using appropriate parenting skills that support the needs of the individual child during each stage of development.

- ◆ Families identify realistic expectations for their child's development.
- ◆ Families recognize and respond appropriately to their child's specific developmental needs.
- ◆ Families practice positive discipline techniques to effectively manage their child's behavior.
- ◆ Families possess a commitment to lifelong learning.



Concrete Support: Families get assistance to meet basic needs. Navigating and using high-quality, equitable and responsive resources that include basic necessities and specialized services to address specific needs of the individual or the family.

- ◆ Families have the resources to meet their basic needs.
- ◆ Families feel supported and valued when reaching out for help.
- ◆ Families feel safe in their community.
- ◆ Families know how to have information and connections to services in their community.



Cognitive and Social-Emotional Competence of Children: Families teach children how to have healthy relationships. Providing access to environments and experiences that help children develop the ability to clearly communicate, recognize and regulate their emotions, and establish and maintain positive relationships.

- ◆ Families encourage and reinforce their child's positive social skills and set limits in a positive way.
- ◆ Families help their child manage and communicate their feelings.
- ◆ Families teach and encourage their child to solve problems in age-appropriate ways.
- ◆ Families provide regular routines for young children.



Nurturing and Attachment: Families ensure children feel loved and safe. A child's first positive experiences with an adult they trust, which help them grow and develop in a healthy way.

- ◆ Families respond to their child with warmth and consistently build a strong, secure attachment.
- ◆ Families teach their child how to form and keep healthy relationships with others.
- ◆ Families help their child to trust that their environments are safe.
- ◆ Families recognize and embrace their child's strengths and individuality.