



## Strong Parents, Stable Children: Building Protective Factors to Strengthen Families

Strong Parents, Stable Children is an interactive 4-hour workshop designed to provide an overview of the five protective factors. What are *Protective Factors*? They are characteristics that promote optimal development by helping families succeed and thrive, even in the face of risks and challenges.

Parents and children do best when they are surrounded by caring people who can help them reach their full potential. Parents and children interact with many people every day who are in a good position to help offer support and services, including:

- ◆ Parents and child caregivers
- ◆ Educators/children services
- ◆ Clergy/faith-based leaders
- ◆ Business professionals
- ◆ Health care professionals

Why should you attend this workshop? Workshop participants will learn new strategies to help families build their protective factors and enable children to thrive. Participants will receive a binder containing a variety of handouts and tools that can be used by individual families or in work with families.



For more information about supporting children and families, visit [ctf4kids.org/](http://ctf4kids.org/) or [MissouriFamilies.org](http://MissouriFamilies.org)

The Center for the Study of Social Policy (CSSP) identified five Protective Factors that, when present, increase the overall well-being of children and families.

- ◆ **Concrete Support in Times of Need**  
*Families need support and services that address their needs and help minimize stress caused by challenges.*
- ◆ **Parental Resilience**  
*Ability of parents to be strong and flexible when encountering difficulties, adversity, and trauma.*
- ◆ **Knowledge of Parenting and Child Development**  
*Parents need information and strategies to support physical, cognitive, language, social, and emotional development.*
- ◆ **Children's Social and Emotional Competence**  
*Children need help expressing their feelings and emotions. Parents can help children learn to communicate clearly, recognize and regulate emotions, and build and maintain relationships.*
- ◆ **Social Connections**  
*Families need to build and maintain positive relationships that can provide emotional, instrumental, informational, spiritual, and other helpful support.*

Funding provided by Missouri Department of Mental Health/Project LAUNCH, & Children's Trust Fund/CBCAP. Content is based on the Strengthening Families framework, developed by the Center for the Study of Social Policy (CSSP). The framework is intended to help increase family strengths, enhance child development, and reduce child abuse and neglect.