The Strengthening Families Protective Factors are strengths within families & communities that serve to protect children & promote their healthy development & well-being.

- **Parental Resilience.** Caregivers show inner strength, flexibility & courage to manage stress during challenges, adversity & trauma.

- **Knowledge of Parenting & Child Development.** Parenting is part natural & part learned. Kids thrive when caregivers understand timely child growth & are responsive to kids’ needs, which foster secure attachments & brain development.

- **Social Connections.** People need people. Parents need & value friends, family, neighbors, co-workers & others in the community who care about them & their children.

- **Concrete Supports in Times of Need.** Everyone needs help sometimes; it’s ok to ask. Resilience is gained when parents know to whom & where to go for help & basic needs.

- **Social & Emotional Competence.** Through relationships with consistent, caring & attuned adults, children feel loved, have the ability to get along with others & have a sense of belonging.

All children need quality Nurturing, Attachment & Stimulation from compassionate adults, who also provide love & respect to encourage optimal health & development.

For additional information, visit ctfalliance.org/onlinetraining.