

# Strong Families Safe Kids

Every person & family  
needs protective factors!

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](http://ctfalliance.org/onlinetraining).



**Children's  
Trust Fund**

Missouri's Foundation For Child Abuse Prevention



[ctf4kids.org](http://ctf4kids.org)



Learning  
**PREVENT**  
Resilience  
Communicate  
Together  
Relationships  
Value  
Caring  
**TRUST**  
Connect

Bonding  
**SAFE**  
Friendship  
Nurturing  
**SECURE**  
Healthy  
Stress relief  
Encourage  
Community  
**KNOWLEDGE**  
Self Confident  
Attunement  
Positive  
Empathy  
Stable  
**LOVE**  
Families  
**SMILE**

**Strong Families  
Safe Kids**

