

# Strong Families Safe Kids

*Building the Strengthening  
Families Protective Factors*

*Every person & every family needs  
protective factors!*

**Protective factors** are strengths within families & communities that serve to protect children & promote their healthy development & well-being, especially during times of stress. Building these strengths at every opportunity is a proven way to strengthen families & prevent child abuse & neglect.

- **Parental Resilience.** Strength, flexibility & courage during stress to deal with challenges.
- **Knowledge of Parenting & Child Development.** Parenting is part natural & part learned; there's no such thing as a perfect parent.
- **Social Connections.** Parents need friends, family & neighbors that care about them & their children.
- **Concrete Supports in Times of Need.** Everyone needs help sometimes; it's okay to ask for help, which builds resilience.
- **Social & Emotional Competence.** Through positive interactions with caring adults, children learn to communicate, develop & learn to use their thinking skills appropriately.
- **Nurturing & Attachment.** Children need love & respect to encourage their optimal health & development.

## **The safety & well-being of our children is essential.**

Children who are treated with respect & exposed repeatedly to positive parenting have an increased chance to become caring & nurturing caregivers themselves. In addition, kids that receive the necessary education, care & attention help ensure healthier adults, successful citizens & safer communities.

**People, families & kids are everywhere!** All stakeholders benefit from learning about the Strengthening Families protective factors:

- Early Care & Education
- Primary Care Providers
- Business
- Education



**Children's  
Trust Fund**

Missouri's Foundation For Child Abuse Prevention



**ctf4kids.org**

*Strong Families, Safe Kids*

# Prevention is Key!

## Bringing the Protective Factors Framework to Life in Your Work – A Resource for Action

The **National Alliance of Children's Trust & Prevention Funds** offers a free online curriculum that consists of seven courses, each approximately 2 hours in length:

- Introduction/Strengthening Families 101
- Five Protective Factors Courses
- Moving from Knowledge to Action

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)

**Strong Families, Safe Kids**