

Strong Families Safe Kids

*Building the Strengthening
Families 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.



**Children's
Trust Fund**

Missouri's Foundation For Child Abuse Prevention

Strong Families, Safe Kids

ctf4kids.org

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Learning
PREVENT
Resilience
Communicate
Together
Relationships
Value
Strong Families
Safe Kids
CONSISTENT
Caring
TRUST
Connect
Self Confident
Attunement
Positive
Empathy
Stable
Families
SMILE
Encourage
Nurturing
SECURE
Healthy
Stress relief
SAFE
Bonding
Friendship



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Make **9** TIME for



9 Children need **meaningful touches** every day to feel connected.

The **9 minutes of the day** that can make all the difference:

- The first **3 minutes** after children wake up & see you
- The first **3 minutes** after coming home for the day
- The last **3 minutes** of the day before they go to bed

Turn these minutes into warm, happy moments!

9 Children need at least **minutes of face-to-face talk time** each day.



Learn more at
ctf4kids.org
missourifamilies.org

