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.
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.
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!**

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

Learn more at ctf4kids.org missourifamilies.org