



# Children's Trust Fund

Missouri's Foundation For Child Abuse Prevention

*Strong Families, Safe Kids*

# Make Time for

# 9



# 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.

# Strong Families Safe Kids

## Building the Strengthening Families Protective Factors



**Protective factors** are strengths within families and communities that serve to protect children and promote their healthy development and well-being, especially during times of stress.

Building these strengths at every opportunity is a proven way to strengthen families and prevent child abuse and neglect.

Learning Value  
**PREVENT** Value Friendship *Nurturing*  
Resilience **SAFE** Friendship **SECURE**  
*Communicate* Together **SAFE** Friendship *Healthy*  
Relationships **STRONG FAMILIES** Stress Relief *Encourage*  
**SAFE KIDS**  
Community  
**CONSISTENT** Community  
*Caring* Self-Confident **KNOWLEDGE**  
**TRUST** Self-Confident *Attunement* Positive **LOVE** Families  
*Connect* *Empathy* Stable *Bonding* **SMILE**

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



[cft4kids.org](http://cft4kids.org)

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