



Strengthening Families Protective Factors

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

Parental Resilience:

Be strong even when you are stressed

Knowledge of Parenting and Child Development:

Learn more so you can parent better

Social Connections:

Get and give support

Concrete Support in Times of Need:

Everyone needs help sometimes

Social and Emotional Competence of Children:

Help your child manage feelings and relationships



Encourage *Relationships*

Positive *Stress relief*

SAFE *Friendship* *Families* *Learning*

Healthy **PREVENT**

SECURE *Together* **LOVE**

Connect

Strong Families Safe Kids

HOPEFUL *Caring* *Community* **TRUST**

Empathy

CONSISTENT *Stable*

Communicate *Bonding*

Resilience **SMILE**

Value **KNOWLEDGE**

Nurturing

Self Confident



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