Strengthening Families with the 5 Protective Factors

1. Resilience
   Resilience is the ability to bounce back from all types of challenges. It means finding ways to solve problems, building and sustaining trusting relationships, taking care of you, and knowing it is OK to seek help when necessary.

2. Social Connections
   Everyone needs to feel cared for and connected. Friends, family members, neighbors and community members provide emotional support, help solve problems, offer insights and give concrete assistance.

3. Knowledge of Parenting & Child Development
   Being a good parent is part natural and part learned. Parents, who understand child development, are responsive to their child’s needs and practice positive parenting strategies will feel more engaged and empowered. Kids thrive in an environment that fosters secure attachments and healthy development.

4. Concrete Support in Times of Need
   Everyone faces challenging times. It is important to know where to access support services and that it is OK to ask for help.

5. Teach Children Social and Emotional Competence
   Be a good role model. Teach children to communicate clearly and express their feelings effectively. Help them learn how to be a good friend. A child/youth who is able to interact positively with others, self-regulate their behavior and effectively communicate their feelings will be able to build and sustain healthy relationships throughout their lifetime.

For More Information on the 5 Protective Factors visit
The Center of the Study of Social Policy
http://www.cssp.org/reform/strengtheningfamilies