

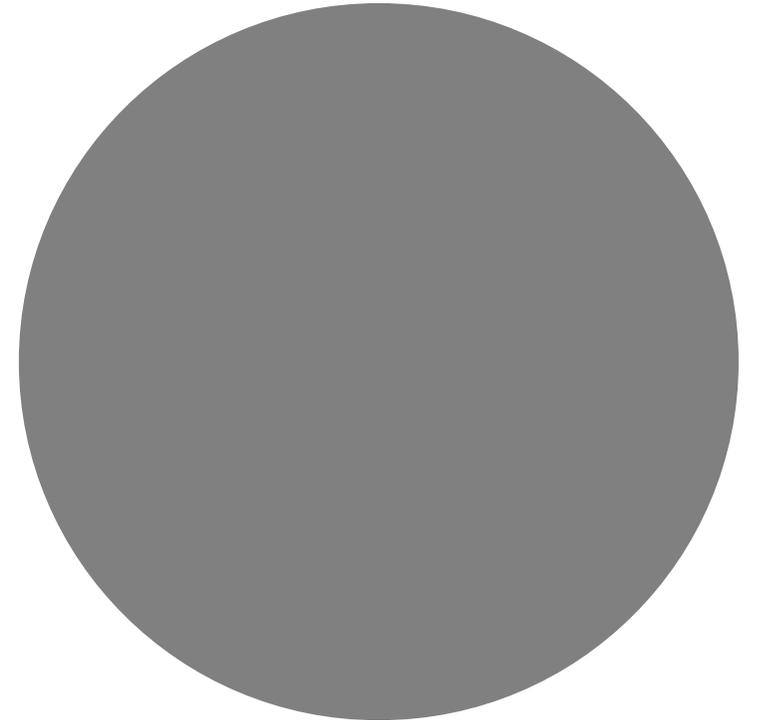


5 PROTECTIVE FACTORS

PLEASE NOTE THESE SLIDES ARE PROVIDED AS A FOLLOW UP TO OUR TRAINING, SOME SLIDES MAY NOT MAKE SENSE OUTSIDE THE CONTEXT OF OUR TRAINING.

- Five Protective Factors are the foundation of the Strengthening Families Approach: *parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need and social and emotional competence of children*. Research studies support the common-sense notion that when these Protective Factors are well established in a family, the likelihood of child abuse and neglect diminishes. Research shows that these protective factors build family strengths and a family environment that promotes optimal child and youth development

Building Family Strengths



5 Protective Factors

1. Parental Resilience

2. Social Connections

3 Social & Emotional Competence

4 Knowledge of Parenting & Child Development

5 Concrete Support for Families in Times of Need

Nurturing & Attachment

Nurturing & attachment – the **COMMON GROUND** of the 5 Protective Factors
parental resilience social connections
concrete support in times of need
knowledge of parenting and child development, social & emotional competence –

Both frameworks are strength-based approaches to assess, intervene, and serve families. By promoting both protective capacities (at the individual level) and protective factors (at the individual, family, and community levels), we can best ensure child safety and promote child and family well-being

Protective Capacities

Protective capacities

Protective capacities are caregiver characteristics directly related to child safety. A caregiver with these characteristics ensures the safety of his or her child and responds to threats in ways that keep the child safe from harm. Building protective capacities contributes to a reduction in risk.



Protective Factors

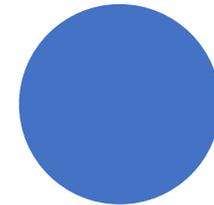
Protective Factors are conditions or attributes of individuals, families, communities, or the larger society that reduce risk and promote healthy development and well-being of children and families, today and in the future.

Parental Resilience

- No one can eliminate stress from parenting, but a parent's capacity for resilience can affect how a parent deals with stress. Resilience is the ability to manage and bounce back from all types of challenges that emerge in every family's life. It means finding ways to solve problems, building and sustaining trusting relationships including relationships with your own child, and knowing how to seek help when necessary.

- Friends, family members, neighbors and community members provide emotional support, help solve problems, offer parenting advice and give concrete assistance to parents. Networks of support are essential to parents and also offer opportunities for people to “give back”, an important part of self- esteem as well as a benefit for the community. Isolated families may need extra help in reaching out to build positive relationships.

Social Connections

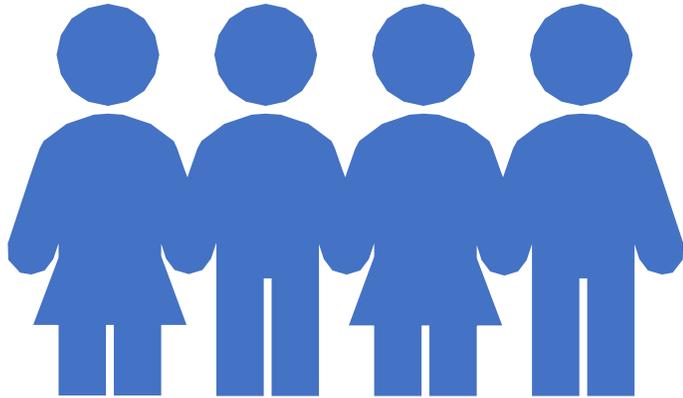


Social & Emotional Competence

- A child or youth's ability to interact positively with others, self-regulate their behavior and effectively communicate their feelings has a positive impact on their relationships with their family, other adults, and peers. Challenging behaviors or delayed development create extra stress for families, so early identification and assistance for both parents and children can head off negative results and keep development on track.



Knowledge of Parenting & Child Development



- Accurate information about child development and appropriate expectations for children's behavior at every age help parents see their children and youth in a positive light and promote their healthy development. Information can come from many sources, including family members as well as parent education classes and surfing the internet. Studies show information is most effective when it comes at the precise time parents need it to understand their own children. Parents who experienced harsh discipline or other negative childhood experiences may need extra help to change the parenting patterns they learned as children.

Concrete Support in Times of Need

- Meeting basic economic needs like food, shelter, clothing and health care is essential for families to thrive. Likewise, when families encounter a crisis such as domestic violence, mental illness or substance abuse, adequate services and supports need to be in place to provide stability, treatment and help for family members to get through the crisis.