



## CORE MEANINGS OF THE STRENGTHENING FAMILIES PROTECTIVE FACTORS

Protective Factor	Core Meaning
<b>Parental Resilience:</b> Managing stress and functioning well when faced with challenges, adversity and trauma.	<u>Resilience Related to General Life Stressors</u> <ul style="list-style-type: none"><li>a. managing the stressors of daily life</li><li>b. calling forth the inner strength to proactively meet personal challenges, manage adversities and heal the effects of one's own traumas</li><li>c. having self-confidence</li><li>d. believing that one can make and achieve goals</li><li>e. having faith; feeling hopeful</li><li>f. solving general life problems</li><li>g. having a positive attitude about life in general</li><li>h. managing anger, anxiety, sadness, feelings of loneliness and other negative feelings</li><li>i. seeking help for self when needed</li></ul> <u>Resilience Related to Parenting Stressors</u> <ul style="list-style-type: none"><li>a. calling forth the inner strength to proactively meet challenges related to one's child</li><li>b. not allowing stressors to keep one from providing nurturing attention to one's child</li><li>c. solving parenting problems</li><li>d. having a positive attitude about one's parenting role and responsibilities</li><li>e. seeking help for one's child when needed</li></ul>
<b>Social Connections:</b> Positive relationships that provide emotional, informational, instrumental and spiritual support.	<ul style="list-style-type: none"><li>a. Building trusting relationships; feeling respected and appreciated</li><li>b. Having friends, family members, neighbors and others who:<ul style="list-style-type: none"><li>• provide emotional support (e.g., affirming parenting skills)</li><li>• provide instrumental support/concrete assistance (e.g., providing transportation)</li><li>• provide informational support/serve as a resource for parenting information</li><li>• provide spiritual support (e.g., providing hope and encouragement)</li><li>• provide an opportunity to engage with others in a positive manner</li><li>• help solve problems</li><li>• help buffer parents from stressors</li><li>• reduce feelings of isolation</li><li>• promote meaningful interactions in a context of mutual trust and respect</li></ul></li><li>c. Having a sense of connectedness that enables parents to feel secure, confident and empowered to "give back" to others</li></ul>



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<b>Knowledge of Parenting and Child Development:</b> Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development.	Seeking, acquiring and using accurate and age/stage-related information about: <ol style="list-style-type: none"> <li>parental behaviors that lead to early secure attachments</li> <li>the importance of               <ul style="list-style-type: none"> <li>being attuned and emotionally available to one's child</li> <li>being nurturing, responsive and reliable</li> <li>regular, predictable and consistent routines</li> <li>interactive language experiences</li> <li>providing a physically and emotionally safe environment for one's child</li> <li>providing opportunities for one's child to explore and to learn by doing</li> </ul> </li> <li>appropriate developmental expectations</li> <li>positive discipline techniques</li> <li>recognizing and attending to the special needs of a child</li> </ol>
<b>Concrete Support in Times of Need:</b> Access to concrete support and services that address a family's needs and help minimize stress caused by challenges.	<ol style="list-style-type: none"> <li>being resourceful</li> <li>being able to identify, find and receive the basic necessities everyone deserves in order to grow (e.g., healthy food, a safe environment), as well as specialized medical, mental health, social, educational or legal services</li> <li>understanding one's rights in accessing eligible services</li> <li>gaining knowledge of relevant services</li> <li>navigating through service systems</li> <li>seeking help when needed</li> <li>having financial security to cover basic needs and unexpected costs</li> </ol>
<b>Social and Emotional Competence of Children:</b> Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships.	<p><u>Regarding the parent:</u></p> <ol style="list-style-type: none"> <li>having a positive parental mood</li> <li>having positive perceptions of and responsiveness to one's child</li> <li>responding warmly and consistently to a child's needs</li> <li>being satisfied in one's parental role</li> <li>fostering a strong and secure parent-child relationship</li> <li>creating an environment in which children feel safe to express their emotions</li> <li>being emotionally responsive to children and modeling empathy</li> <li>talking with one's child to promote vocabulary development and language learning</li> <li>setting clear expectations and limits</li> <li>separating emotions from actions</li> <li>encouraging and reinforcing social skills such as greeting others and taking turns</li> <li>creating opportunities for children to solve problems</li> </ol> <p><u>Regarding the child:</u></p> <ol style="list-style-type: none"> <li>developing and engaging in self-regulating behaviors</li> <li>interacting positively with others</li> <li>using words and language skills</li> <li>communicating emotions effectively</li> </ol>