

# Protective Factors for Strengthening Families



**resilience**

## PARENTAL RESILIENCE

Helps you find the inner strength to bounce back from challenges, stress, and adversity.



**relationships**

## SOCIAL CONNECTIONS

Everyone needs family, friends, and community members to provide social, emotional, and/or spiritual support. We are stronger together.



**knowledge**

## KNOWLEDGE OF PARENTING & CHILD DEVELOPMENT

It is much easier to be the parent you want to be when you know how your child learns and grows. It helps to support challenging behavior and have realistic expectations for your child and yourself.



**support**

## CONCRETE SUPPORT IN TIMES OF NEED

Getting the resources you need helps to reduce stress and remain strong and healthy for yourself and your children.



**communication**

## SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

Parenting is less stressful when you know how to help your children manage their emotions, communicate their needs, and deal with conflict.

Adapted from the STRONG Families Parent Café Guide Book and Center for the Study of Social Policy's

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