



5 Protective Factors


Knowledge of Parenting and Child Development

Parenting is part natural and part learned.

- ☐ Explore parenting questions with your family doctor, your child's teacher, family or friends.
- ☐ Subscribe to a magazine, website or online newsletter about child development.
- ☐ Sit and observe what your child can and cannot do.
- ☐ Take a parenting class at a local community center.
- ☐ Share what you learn with anyone who cares for your child.

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Parental Resilience



Having courage during stress and the ability to bounce back from challenges.

- ☐ Take quiet time to reenergize: Take a bath, write, sing, laugh, drink a cup of tea.
- ☐ Do some physical exercise: Walk, stretch, do yoga, lift weights, dance.
- ☐ Share your feelings with someone you trust.
- ☐ Surround yourself with people who support you and make you feel good about yourself.

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Social Connections



Having friends, family and neighbors who help out and provide emotional support.

- ☐ Participate in neighborhood activities such as potluck dinners, street fairs, picnics or block parties.
- ☐ Join a playgroup or online support group of parents with children at similar ages.
- ☐ Find a church, temple, mosque or community center that welcomes and supports parents



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Concrete Support for Parents

Knowing where to find help to meet day-to-day
needs if necessary

- ☐ Make a list of people or places to call for support, such as your local family resource center.
- ☐ Ask the director of your child's school to host a Community Resource Night, so you (and other parents) can see what help your community offers.
- ☐ Dial "2-1-1" to find out about organizations that support families in your area.



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Social and Emotional Competence of Children

Your children know they are loved, feel they belong, and are able to get along with others.

- ☐ Provide regular routines, especially for young children, and make sure everyone who cares for your child is aware of your routines around mealtimes, naps and bedtime.
- ☐ Talk with your children about how important feelings are.
- ☐ Teach and encourage children to solve problems in age-appropriate ways.