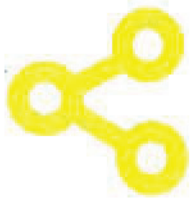


INFORMATION ON 5 KEY
PROTECTIVE FACTORS
FOR FAMILY STRENGTHENING

[including conversation starters to help illustrate and assess these factors]



SOCIAL CONNECTIONS

Parents need support from family members, friends, and their communities. Social networks play a significant role in parent's abilities to deal with the challenges of parenting.

- Who assists you with being a good parent and how do they do it?
- When and how are we stronger together than alone?
- What makes you feel safe and respected in a relationship?

RESILIENCE

Resilience is the ability to thrive, bounce back, and adapt when adversities, challenges, trauma or significant sources of stress arise. Parents can learn and develop resilience skills.

- What are some important life lessons you've learned that have made you a better parent?
- Think of someone who loves you. What would they say your strengths are?
- How can you turn a problem into an opportunity?



KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

Parents can benefit from having accurate information about how their child develops. Understanding what is expected for each developmental stage will make it easier for parents to deal with challenging behaviors and practice positive disciplinary practices.

- What are some of the things you've had to learn as a parent?
- How do you know what your child needs as s/he grows?
- How do you keep your expectations for your children reasonable?

CONCRETE SUPPORT IN TIMES OF NEED

All parents face uncertainty at times. The experience of needing extra help with basic necessities or an emergency situation can be very stressful. Sometimes, parents struggle asking for help; it is important for parents to know they have resources and organizations that can assist them.

- In your experience, what are some good things that have come out of a crisis?
- What makes a service provider really, really good?
- When you find a "good help" how do you make sure other parents know about it?



SOCIAL & EMOTIONAL COMPETENCE OF CHILDREN

It is important for children to develop skills that allow them to interact and communicate their needs with peers, parents, and other adults as well as deal with conflict. Parents can model these skills to their child and it is important parents understand children's feelings/actions.

- How do you teach your child to deal with his or her feelings?
- How do you support your children in solving their own problems?
- How do you express your sadness and anger around your children?

Source: strengtheningfamilies.net • ccsp.org • beststrongfamilies.net