

# Instructions for Counties

Prior to printing, distributing and publishing this brochure online, please do the following:

1. Review each protective factor and make a list of relevant resources in your community associated with each factor.
2. If you are unable to identify local resources, consider including the CDSS parent resource website and helplines listed there: <https://www.cdss.ca.gov/inforesources/ocap/parent-resources>
3. Reach out to each resource to make sure you have accurate contact information and to confirm cost or eligibility requirements.
4. Enter the available resource, contact information and eligibility requirements in the editable space for each factor. Some local resources may address multiple factors – be sure to include them in each area they address.
5. Make sure to use any county logos or other specific county information your agency has identified (this may include specific colors or fonts). If your agency does not have specific requirements for brochures, make sure to use a font that is easy to read and use colors that will work even if the brochure is printed in black and white.
6. Follow any county accessibility rules for online and printed materials.



## Protective Factors Building Strong Families: Resources and Tips

### Why Protective Factors?

Protective factors help families succeed and thrive, even in the face of risks and challenges. There are many ways that you can build on your own family's strengths and offer support to other families when they need it.

## Five Protective Factors



### Parental Resilience

Resilience is managing stress and functioning well, even when things are difficult.



### Social Connections

It's easier to handle parenting challenges when positive relationships with family, friends, and neighbors are consistent.



### Knowledge of Parenting and Child Development

By learning what children need in order to thrive, you can provide them the best start in life.



### Concrete Support in Times of Need

Knowing where to get help in times of need can make things a lot easier.



### Social and Emotional Competence of Children

Helping children develop social-emotional competence teaches them to manage emotions and build healthy relationships.

# Five Protective Factors

Each of us is born into a unique set of circumstances that can impact the course of our lives. Identified as the social determinants of health, these circumstances can be either protective factors (things that increase the likelihood of positive outcomes) or risk factors (things that increase the likelihood of challenges). Research studying health outcomes identified five key protective factors linked with increased likelihood of positive outcomes.

## **These are the 5 Protective Factors:**

1. Parental resiliency
2. Access to concrete supports in times of need
3. Knowledge of parenting and child development
4. Social connections
5. Child social and emotional competence

Building protective capacities within families to promote positive outcomes, strengthen communities, and improve child well-being is the job of all child and family serving organizations. This brochure was developed by the Statewide Linkages Project to help counties promote awareness of the protective factors and share information about state and local resources to assist families in building protective factors, increasing resiliency and reducing risk. Each section of the brochure looks at one of the protective factors and provides:

6. A definition of the protective factor
7. Family friendly suggestions for how to feel strong in that factor
8. Local connections the family can make if they want more support related to that factor

**Check out the tips and resources listed below!**



# Parental Resilience

## Being Resilient as a Parent Means:

- Taking care of yourself and asking for help when you need it.
- Planning for the future and what you will do in challenging situations.
- Taking time to enjoy your child and what you like about parenting.

## Parental Resilience Tune-Up Tips:

- What activities help you feel less stressed? Create a list of stress-buster activities to have on hand when times get tough.
- Write down all the things you love doing with your child and think of ways to build those activities into your day.



# Social Connections

## How to Build a Strong Social Support System:

- Join a local community group. There are also many virtual community groups on platforms such as Facebook.
- Reach out to and make plans with parents who have children the same age as yours.

## Social Connections Tune-Up Tips:

- Join a local community group.
- Reach out to and make plans with parents who have children the same age as yours.





# Knowledge of Parenting and Child Development

## Increasing Knowledge of Parenting and Child Development Helps You:

- Know what to expect as your child grows and how you can best help them thrive.
- Respond in a positive way when your child misbehaves.
- Use new skills to help your child be happy and healthy.

## Parenting and Child Development Tune-Ups:

- Make a list of your parenting strengths to remind yourself of what you do well.
- Write down at least one thing you want to learn about parenting and consider who might help you learn it.



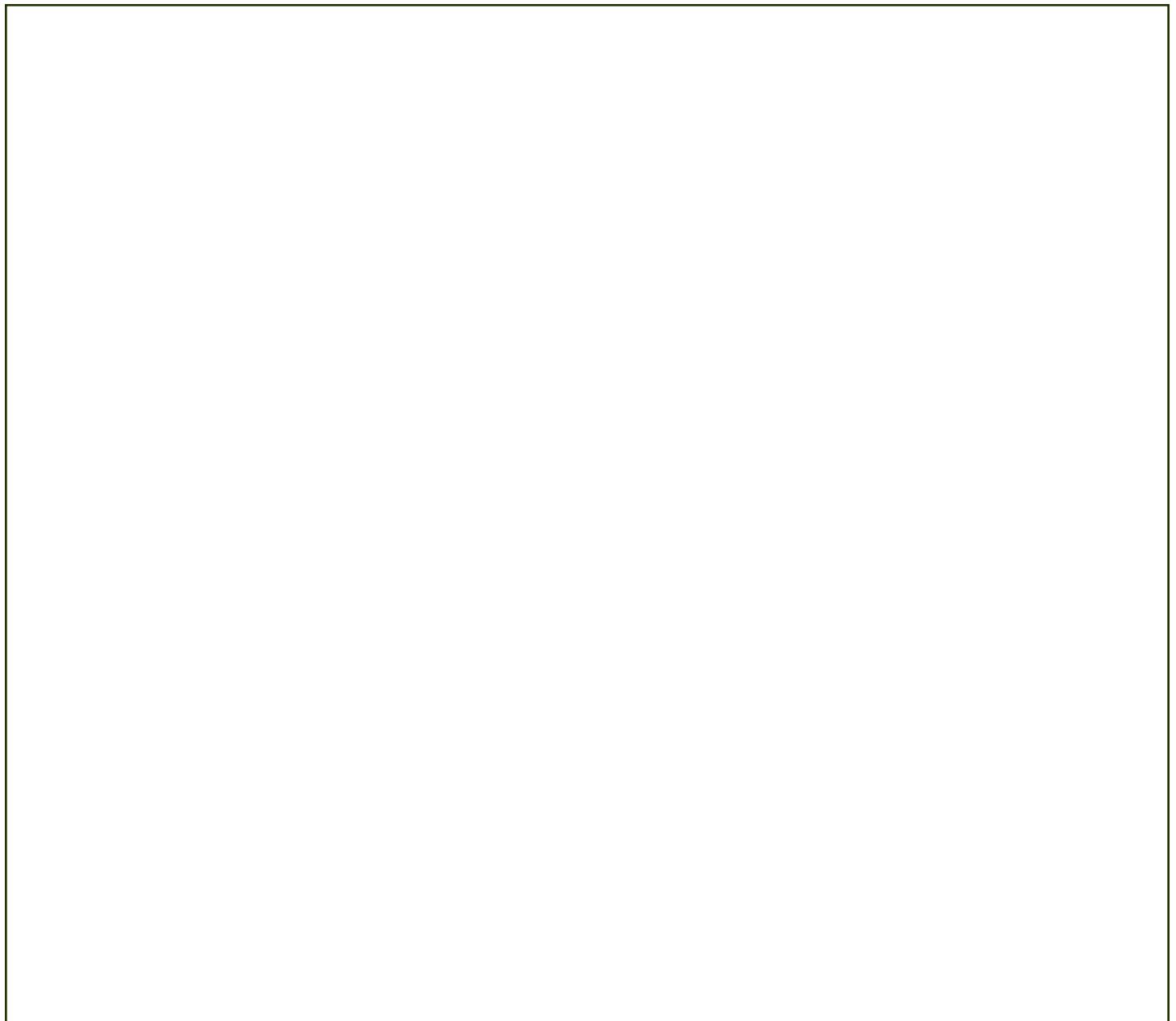
# Concrete Support in Times of Need

## As a Parent, it is Important that You:

- Know what help is available (like where you can obtain food, housing, clothing, and help paying for utilities).
- Have access to the things you need to keep your family safe and healthy.
- Advocate for your family.

## Concrete Support Tune-Ups:

- Learn more about what sources of support are available in your community. Check out bulletin boards at the library or visit your local family resource center.
- Help someone else get the help they need.





# Social and Emotional Competence of Children

## To Help your Child Develop these Skills:

- Respond to your child with warmth and consistency.
- Teach your child to use words to express how he or she feels.
- Allow your child to express his or her emotions safely.

## Social and Emotional Competence of Children Tune-Ups:

- Look for opportunities to praise your child for making the right choices and for showing friendly behaviors, such as sharing a favorite toy.
- Create a regular family check-in routine to talk about the day.



*Material adapted with permission from the Center for the Study of Social Policy, [www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)*